



Evaluating the Social, Psychological and Political Impacts of Pandemics in Turkey And The World in The Context of COVID-19

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Abstract

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This study aims to highlight the global extent of social, psychological and political impacts of the COVID-19 pandemic with a critical perspective. The method followed in this study is primarily to examine the impacts of the strategies implemented within the scope of combating the pandemic on social structures around the World, and subsequently, the restrictions which are implemented in order to combat the COVID-19 pandemic in Turkey (explained by studies done in this area in the frame of the outbreak's social, psychological and political impacts on the public structure). The main feature that distinguishes COVID-19 from the pandemics combated in the past, is that it is the first global epidemic in which digitalization was used to combat the epidemic. In this study, it is revealed that this feature, which makes the COVID-19 pandemic unique, has positive impacts on the social and political structure of societies as well as negative impacts, and it is aimed to address these impacts with concrete examples.

Keywords: COVID-19, social impact of COVID-19, psychological and political impact of COVID-19, pandemic, digitalization.

1. Introduction

Various epidemic diseases have emerged from Ancient Greece until today, and societies have had to struggle with these diseases throughout history. The Black Death epidemic, which resulted in the death of more than half of the European population between 1346-1353, and cholera, which was combatted from the 16th to the 19th century; were replaced by the Spanish Flu. The Spanish flu gave rise to the death of nearly fifty million people after the First World War and it is known as the largest epidemic in history.

In fact, the 20th and 21st centuries have been the most intense period in terms of epidemics. HIV/AIDS that emerged in 1981 and MERS that have been ongoing since 2015, still continue to be active epidemics. Swine flu, seen in 101 countries in 2009, and bird flu, which emerged in 2005, are epidemics that are protected by vaccination, but also cause the destruction of many animals. With the coronavirus epidemic that emerged in Wuhan, China in December 2019, humanity had to face the fact that epidemic diseases will be a part of life as long as societies exist.

The coronavirus epidemic has forced many states to take extraordinary measures, especially quarantine and social distancing implementations. The World Health Organization, a special agency of the United Nations responsible for international public health, has chosen to use the concept of pandemic beyond the concept of epidemic when defining the COVID-19. The reason for this is to emphasize the global impacts of the COVID-19.

While the term epidemic is used for diseases that are frequently repeated among the people and accepted as common after a while, the pandemic is used for a disease that occurred in more than one country or continent around the world. Therefore, the pandemic is the name given to epidemic diseases that have a wide range of impacts compared to epidemics. A disease or medical condition cannot only be named pandemic because of common or causes the deaths of a large number of people, it must also be contagious. However, it has been observed that the fact that epidemics can change the streaming of human history by reaching the extent to be called a pandemic depends on many variables.

Although it was initially thought that a dangerous epidemic disease could only have a negative impact on health systems, the COVID-19 process seems to refer to much more than a health crisis. Since physical contact is the form of behavior that most increases the probability of the spread of coronavirus, states have primarily aimed to implement social distance measures that will minimize contact in the global and domestic context. Whole states have introduced

various regulations to prevent the spread of the virus by keeping physical contact at a minimum in both domestic and international arenas. Examples of these regulations include the imposition of domestic and international travel restrictions with implementing mandatory masks and canceling sports competitions and national and international art events. In addition, appropriate regulations were made for the transition to distance education by closing educational institutions, and afterward, working hours in the public and private sectors were adjusted according to social distance rules, and consequently, the remote working system was introduced in most institutions.

The pressure and stress caused by the presence of dangerous epidemic diseases on societies have been exacerbated by the psychological, economic, and social impacts of the restrictions. Most people's spending time at home has increased compared to the past. While adults continue their business life on the internet, the education of children and young people continues on television screens and online platforms. During this process, because each child's adaptation skills differ from another, the process of getting used to the new lifestyle has created some serious problems, especially for children. In addition, studies have revealed that there is a significant increase in domestic violence against women and divorce rates worldwide. To be more exact, cases of violence against women in Turkey represent's an issue that the country is focusing upon, even in the pre-epidemic period. Violence against women, along with Turkey's request to withdraw from the Istanbul Convention, has become a topic that causes public to question. In particular, women who are victims of domestic violence have been seen to spend more time at home, compared to the past, due to the measures implemented in the form of isolation. This situation has been influential in the increase of violence against women due to the inability of women who are victims of violence to be able to leave their homes.

In our study, we will try to evaluate the post-coronavirus new world order by considering the impacts of epidemics on the systems that regulate international economic and social life and the functionality of the existing political structure in equal-sovereign states. In the context of this evaluation, the content of the measures taken to combat COVID-19, throughout the world and particularly in Turkey, will be examined. It is preferable to analyse the social, psychological and political impacts of pandemics after the COVID-19 outbreak, within the context of measures taken.

2. The Functioning of The Combating Process COVID-19 Around the World and Measures Taken Within This Context

The definition of the coronavirus epidemic as a pandemic by the World Health Organization and calling on states to take measures on a global scale occurred

approximately three months after the first case in China was reported. The uncertainty about how the process will be managed and the deficiency of the information given by China related to the outbreak, directly, caused the epidemic to spread globally and not be controlled for a long time. The epidemic, which has had devastating impacts in European countries, especially in Italy and Spain; has led to different methods of controls being attempted to combat the outbreak, in particular for the United Kingdom compared to other European countries. However, this method has resulted in the virus finding a greater spreading area.

Coronavirus belongs to the infectious virus family that can cause mild or severe respiratory illnesses. These viruses can rapidly mutate and create new types of coronaviruses such as severe acute respiratory syndrome/coronavirus 2 (SARS-CoV-2), identified in 2019 in China, which is held responsible for the COVID-19 pandemic.

In 2002, China combated the SARS epidemic, one of the infectious coronaviruses that resulted in death. Research has revealed that the SARS virus is transmitted from civet cats, and the MERS virus from dromedary camels to humans. There are many coronaviruses that have not yet been detected in human but have been detected in animals (Ekin Eryılmaz & Recep Keşli, 2020) Although the SARS virus was effectively controlled at the end of 2002; in the process of combating the virus, there were problems such as healthcare workers being given late or deficit information about the virus which led to them therefore being left vulnerable to the virus. Also, there were several other problems such as insufficient quarantine and isolation measures and non-compliance with hygiene rules. In this context, it can be inferred that the preparations implemented by China and other countries at that time were not suitable for the epidemic.

The COVID-19 epidemic has caused various problems in many areas such as health, economy, trade, education, and communication globally. These problems have led to many possibilities and theories regarding the course of the outbreak and the future of the world. A current evaluation is that life and the global economic system will deteriorate if the epidemic continues for a certain period of time. Consequently, except for a few countries whose infrastructures and facilities are sufficient, all others cannot be prevented from being colonized. Another relevant issue is that COVID-19 primarily affects countries with strong economies. Thus, the vaccines improved to combat the Covid-19, initially, will be rolled out in countries that have a strong economy. This situation may turn the vaccine into an exploitation reason in the future due to the fact that crowded third world countries are affected by the epidemic and the treatment opportunities in these countries are insufficient. (Azmi Özcan, 2020) In addition to all these findings, restrictions imposed by states related to the pandemic has

resulted in legal and political questioning in most countries.

The origin of the coronavirus was in China, and the regulations introduced by the Chinese government as part of combatting the virus point to a successful example in terms of slowing the spread of a virus with high pandemic potential and reducing the risk of transmission. However, since each community is unique, the methods and strategies to combat the virus may have different characteristics depending on domestic variables such as the healthcare capacity of the relevant community and epidemic history. (Nourah S. Altakarlı, 2020) Therefore, the measures which are taken and restrictions that are implemented within the scope of combating the COVID-19 outbreak differ from country to country. At the same time, the common goal that is aimed with all restrictions, has initially controlled the epidemic domestically and eliminated the problems that arise in various fields, especially the health system, to prevent possible problems and consequently to slow the spread of the virus globally. The epidemic, which has caused many individual and social problems, has led to the development of a public health strategy called mass vaccination. Implementation of vaccines is realized by giving priority to healthcare workers. The fight against epidemics has become a policy by states after the industrial revolution. Since the need for a labor force increased enormously in the period after the industrial revolution, the inability of workers to work and mass health issues created a problem for the modern state, which started to need the production capacity of this segment. In history, in the formation phase of the modern state, medicine has also been modernized and has been used to protect the health of not only individuals but also society. (Afacan, Avcı, 2020; Şirin, 2020)

Once it was determined that the source of the virus was a live animal market in Wuhan, China, after research; the first measures taken by the Chinese government were to close that market as of January 1, 2020, to terminate all commercial relations in the market and to make an environmental evaluation to prevent the virus from spreading further. Looking at China's history of combating epidemics, it is seen that in the case of SARS virus the identification of the virus could be detected in a period of two months, and this equivalent period is one week during the COVID-19 situation. Therefore, this process can be interpreted as being that China was making great efforts to increase its laboratory capacities in order not to experience the time losses it has experienced before. However, it was observed that the Chinese government took more vigorous measures in the following process and the infected people were forced to be isolated in their homes by the authorities. Moreover, for this purpose, a smartphone application based on a health code color system was developed that divided individuals into three color groups based on their health status and travel history and then determined whether they should be quarantined. Another method implemented using technology at the point of

controlling the virus is the application of the street camera system that can detect people who are walking around in public without a mask and having symptoms.

Considering the measures taken on the basis of European countries, it is seen that free movement in France continues to be restricted except for mandatory cases, public activities have been canceled since the beginning of the epidemic, and distance education has been introduced in all educational institutions, including universities. In the announcement made by the World Health Organization on March 13, 2020, and a state of emergency was declared in France for two months from March 24, 2020, after the new center of the pandemic was updated to being in Europe.

In Spain, where the most devastating impacts of the outbreak were seen after Italy, it was observed that curfews were imposed for five weeks in the beginning and these prohibitions continued to be implemented intermittently in the following period. Furthermore, police inspections were continued by using unmanned aerial vehicles to prevent the violation of the measures. After Italy, France, Spain and Belgium also decided to quarantine to be implemented throughout their country. In Germany, it is hope that their policies implemented will set a good example for other European countries in many aspects in terms of combating coronavirus. In this context, all educational institutions decided to starting social distance education and, in some cities, more than two people were prohibited from meeting by the government. Among Germany's behaviors that will set an example to other states in terms of combating the outbreak, Berlin Minister of Justice Dirk Behrendt's statement that he will accept 500-1500 refugees who are trying to survive under difficult conditions in the Moria refugee camp on the island of Lesbos in Greece. The same sensitivity has been shown by the Portuguese government, and it has been stated that the unhygienic conditions of refugee camps and inadequate food and health systems are a source of embarrassment for the European Union, especially in the case of an epidemic. Recently, especially in the period before Christmas, it is observed that most European countries tended to tighten measures after the number of their cases has increased. In this context, a five-week quarantine implemented has been initiated in the Netherlands, which requires the closure of all shops, theaters, and sports halls. The evaluation meeting of the European Medicines Agency (EMA) regarding the Pfizer-BioNTech vaccine (German-developed Pfizer-BioNTech vaccine) developed by Germany is planned to be put forward, and it is aimed to initiate the vaccine implementation in Europe at the end of 2020. For the vaccine to be used in Germany and other European Union (EU) countries, the European Medicines Agency (EMA) must give market approval. Perhaps the first advantage of the controversial Brexit process is that the National Medicines and Healthcare Products Regulatory Agency (MHRA), which is the approval authority in

England, quickly completes its examinations on the vaccine. Therefore, the vaccine is currently used in the UK.

From May 12, 2020, the center of the pandemic moved from Europe to North America, with the United States taking first place in the world in the list of cases identified. For combating the virus, it is seen that travel and flight restrictions were first imposed in the USA and all activities were suspended for a long time. The USA's method for combating the COVID-19 process is being carried out as part of a more intense agenda compared to other countries. The increase in unemployment rates as a result of their restrictions has triggered demonstrations against the policies throughout the country. In addition, a presidential election was held in the shadow of increasing violence. During the pandemic process, a significant part of the voters went to the ballot box within the scope of the early election process and a significant number of voters voted by mail. Interestingly, since 1908, this election had the highest rate of electoral votes in the history of the United States.

3. Measures Taken of The Combating Process COVID-19 in Turkey and Restrictions Imposed Within This Purpose

The first cases of coronavirus were identified in Turkey on March 11, 2020, and has been recognized as part of the COVID-19 by the World Health Organization on the same date. However, during this time, it was a period in which there was no real identification of cases associated with outbreaks in Turkey and therefore few measures were taken. (Korkmaz, 2020) As an increase in the number of cases day- by-day has increased, the need for more measures to be taken by the authorities and to tighten the restrictions imposed, occurred. The first of the regulations made in this context was the establishment of the Coronavirus Scientific Advisory Board to collect information about the disease from a central source. Subsequently, many arrangements were made to combat the COVID-19 such as the postponed of scientific, cultural, and artistic activities, the flexibility of working hours in the public and private sectors, introduction of the remote working system in most sectors, to starting of distance learning in terms of all educational institutions, the decision for restaurants to serve only take-away service, the distribution of free masks, the declaration of a curfew in metropolitan cities on weekends, imposing curfew restrictions for those under 20 and over 65 because they are in the risk group, the prohibition of worship in mosques, the restriction of international flights, and regulations to reduce the occupancy rates in the prisons etc.

When we look at the strategies to combat the Covid-19, which can be considered up-to- date and systematically implemented within the scope of the necessities of the process; we can see the implementation of mandatory face masks in public, the introduction of social distance rules for the use of public

transportation, the introduction of more flexibility of the working hours, limiting the customer capacities at supermarkets, and the declaration of curfews which was made through the Presidential decrees.

4. Global Psychological, Social and Political Impacts of Regulations Made to Combat the COVID-19 Outbreak and Restrictions Implemented Within This Context

In addition to being an integration process that improves economic, cultural, and social relations between countries, globalization can also have a function that increases the risk of the spread of this disease in case of a dangerous epidemic. Similarly, any economic crisis that occurs, especially in countries with strong economies (as the world states establish closer ties as a result of globalization), can affect all other countries in a short time. From this point of view, it would not be wrong to make an inference that the impacts of the Covid-19 outbreak in China is so devastating because of globalization. Therefore, China could be named at the top of a world economy list and is even predicted to become the world's largest economy in the future.

In a period when sociocultural and economic relations are so advanced worldwide, a dangerous epidemic transmitted by physical contact and air will undoubtedly affect individuals and societies more profoundly than the epidemics experienced in the past. Psychological situations such as the fear of losing loved ones and the stress of the presence of dangerous epidemic diseases have also been effective during the historical epidemics experienced by humanity. However, COVID-19 is the first pandemic process in which information technology, artificial intelligence applications and social media are used in all aspects within the context of combating the outbreak in the 21st century (Hüseyin Aktürk, 2020). Therefore, looking at the psychological and social impacts of the COVID-19 process on individuals and the political impacts on societies, it will be seen that all these developments have features that relate to combating the Covid-19. The most prominent of these features and the difference from previous epidemics is the evolution of COVID-19 in the context of widespread digitalization. It is a known fact that remote communication applications such as Zoom, Microsoft Teams or Skype are technologies developed in the last five years. The effect of such applications in making most of the activities and services carried out in the physical environment online has shown its importance, especially in the global combating the COVID-19 outbreak. In this context, the development of technology has maintained healthcare professionals to conduct clinical research and case studies through various software in the COVID-19 process. Equally, traditional education has maintained its capability alongside technological applications. This situation permits it to be beneficial for children to overcome this process with minimum damage in terms of both psychological and personal development.

Undoubtedly, the fact that the world's leading universities opened their databases and libraries to remote access during the epidemic is due to the development of the technology used in education.

Another of the positive reflections of digitalization on social life during the epidemic is its contribution to the development of different sectors that have come into existence with digitalization today. During the pandemic period, where staying in touch with each other becomes more difficult, but important with social distance rules, it has been observed that the use of mass media has increased by forty percent and brands prefer to advertise via social media channels. In this process, it was observed that social media platforms are used as a common epidemic strategy by the states, and contents are shared to encourage people to stay at home and comply with social distance rules through these platforms. In this context, it can be inferred that the increase in the pages and formations that make suggestions for the quality of spending of time at home on social media is related to the increase in the time spent to social media.

Apart from the positive effects of digitalization in the process of combating the COVID- 19 pandemic, the extent of the negative effects on individuals in psychological and social terms is worrying. Although it becomes possible to access all kinds of information about epidemic diseases and prevention methods through mass media, questions may arise regarding the accuracy of the information obtained. In today's world, where the spreading speed of information through social media has increased extremely, obtaining the wrong information about the methods of protection from a dangerous epidemic will pose a serious obstacle in terms of controlling the pandemic. In this context, this situation creates information pollution through mass media such as which tests are confident at the beginning of the outbreak, to the question of which vaccines are reliable as vaccine progression occurs. Therefore, the anxiety and stress that have taken place in social life since the beginning of the outbreak continue to present themselves with the addition of uncertainty regarding methods of protection from the COVID-19.

The stress and uncertainty associated with the COVID-19 pandemic appear to have a potential negative impact, particularly on children's mental health in many areas. As a matter of fact, although there have been studies emphasizing that distance education is more efficient than traditional education in terms of children's self-discipline at the beginning of the outbreak, most educational scientists emphasize that the importance of traditional education in the context of mental and cognitive development. With the presence of the idea of a dangerous epidemic, the uncertainty about the closure of educational institutions and the method of the exams, taken isolation measures to reduce the spread of the outbreak, and the increase in anxiety due to practices such as social distance rules; are still affecting the daily lives of children at this stage

where we are still in the outbreak process. Children who have the opportunity to socialize with physical activities in the school environment have been deprived of such activities due to the measures within the extent to combating the Covid-19. Besides this, they have become almost dependent on technological devices such as phones, tablets and computers, which they spent more limited time on before the pandemic. Therefore, it can be said that the negative impacts of the pandemic on the physical health of children have a correlating function in the deterioration of mental health. However, findings on the impacts of outbreak on children's mental health are currently limited.

Another observation of the socioeconomic impacts of the COVID-19 process for children is that the outbreak harms some children more than others. While the pandemic causes children who are exposed to violence or malnutrition at home to be more at risk, measures such as quarantine and isolation reduce their access to social protection and Judicial services and make it difficult for them to access supportive institutions at school. When the subject is considered a little more, it is concluded that all these problems are associated with poverty and living subsistence level, and the common denominator is related to the economic situation. From this point of view, there could be made an inference that poverty and income inequality have a large bearing on the extent to which children are exposed to COVID-19 risks. When considering the relationship between poverty and inequality distribution of income with basic needs such as children's right to life, education, and health, such as nutrition, growing up in a healthy environment and attending distance lessons, it will be understood that policies to combat the outbreak are also related to the extent to which human rights are guaranteed in societies.

In today's world, the most important and maybe the only issue that these concepts of poverty, inequality in income distribution and the global political impacts of the pandemic can be addressed together, is in related to immigration. It is known that more than half of individuals with immigrant, refugee or asylum seeker status, and especially children, live below the hunger limit during the COVID-19 process. The difficulty for parents with immigrant, refugee, or asylum status to have a stable job, children not being able to benefit from health services adequately, etc. make individuals and children of this status more vulnerable to the pandemic. On the other hand, considering that the majority of individuals and children with immigrant status reside in camps in economically developed countries, it is clear that all states should act within a common political strategy to terminate the outbreak to prevent a possible global economic crisis.

Crimes against humanity such as genocide committed in the past, the refugee crisis, and dangerous epidemics in the 21st century are all issues that force societies to collectively struggle with the same suffering. With the globalization of mass media, especially non- governmental organizations, this can create

public opinion to promote the states to act collectively. Considering the impacts of the COVID-19 epidemic on public opinion, it is seen that Covid-19 is required to focus more on the concept of collective security compared to the Spanish flu which was combatted a hundred years ago. In addition to the positive developments such as the development of international trade, signing more international agreements and diversification of human mobility; negative situations such as political conflicts increase the risk of infection in the process of combating a dangerous epidemic. These factors lead to the COVID-19 outbreak to pose a great threat to both individual and traditional state security (Aytaç, 2020). On the other hand, the COVID-19 process indicates the urgency that states have to take action to cooperate more in today's world where cyber-attacks increase with the transition to distance education and online working conditions (especially Europe and the USA). As a matter of fact, the statements made by both the USA and the EU highlighted the importance of scientific sharing and cooperation to terminate the COVID-19 epidemic on a global scale.

5. Psychological, Social and Political Impacts of Regulations Made to Combat the COVID-19 Outbreak and Restrictions Implemented Within This Context in Turkey

As a result of the increasing number of cases and deaths caused by the COVID-19 and it is becoming a dangerous epidemic disease, this is seen as a threat to Turkey, in particularly when seen as coming from Turkey's neighboring countries such as Iran. Considering Iran and Turkey's political, commercial, and social relations are connected through road and air transportation, it can be seen, any epidemic that occurred in Iran can influence Turkey easily. As a fact, Turkey closed its border crossing with Iran from February 23, 2020, to eliminate the risks of the outbreak from Iran after the announcement of the first cases of Coronavirus.

The measures implemented to combat the epidemic differs in each country. However, due to the spread of the virus through physical contact, the common strategy to combat the outbreak, which is implemented in the field of health all over the world, is the obligation to comply with social distance rules and to use face masks in public. In Turkey, to combat the Covid-19, it was seen necessary to make several regulations in the areas of health, education, law, economy, transport, tourism, religion, and the arts.

In Turkey, it is seen that from the period from the first cases, flights were canceled to Wuhan, China, and passengers were monitored with a thermal camera system that measured body temperature at airports according to the recommendation of the Scientific Advisory Board. Also, the Ministry of Health published a booklet about Covid-19, which includes all rules such as the person coming from abroad should not go outside of the house as much as possible for

14 days, wear on a mask in public if they have to go outside, and stay away from people who are identified as a part of a risk group (the group of people over the age of 65, or those having chronic diseases) (Demir, Şen, Günaydın, 2020)

Within the content of the strategies to combat the epidemic followed in the field of education, it was firstly decided to introduce distance learning in primary and high school education institutions related to the Ministry of National Education, and consequently, then academic schedules of universities were adopted accordingly to distance education. New regulations in the field of religion were implemented, including arrangements to prevent collective worship in mosques, implementation of isolation measures for 14 days of those who return from the Hajj and Umra, and closing of all mosques throughout the country. (Korkmaz, 2020) Legal measures, on the other hand, were implemented as a temporary suspension of all legal proceedings except imprisonment, urgent legal proceedings and statute of limitation, and gradual discharges in prisons due to the outbreak. (Demir, Demir, Günaydın, 2020)

The increase in the number of cases day by day has created the need to cancel both international and local activities in the field of sports and arts. For this purpose, activities such as sports competitions, concerts, theaters, and cinemas where people are gathered were canceled. Quarantine and isolation measures are implemented on people aged 0-20 and over 65 years in metropolitan cities, which turned into curfews that were imposed on every citizen across the country during nights on weekdays and all day on weekends because of an increasing number of cases during the following period.

The rapid spread of the coronavirus all over the world has also greatly affected the tourism industry. The suspension of flights between Turkey and other countries, and subsequently the implementations of isolation; affected the circulation of both local and foreign tourists. The negative impacts of Covid-19 spread to extensive area due to the close ties of tourism with sectors such as handicrafts, entertainment, food, agriculture, and transportation. It is stated that this situation has had very devastating impacts in social, psychological, and economic fields; and these impacts will lead to radical changes in the structure of the tourism sector in the future. As an example of fundamental changes after the pandemic, people are more cautious, selective, and paying attention to health conditions, not choosing crowded facilities, transportation vehicles, restaurants and entertainment places, boutique facilities where personal services are offered rather than tour programs and transfers, individual or small group holidays and the preference of travel services can be shown. The measures introduced to combat the outbreak have affected social, economic and political life in both Turkey as well as all over the World. The order established within the framework of the regulations introduced was named as "New Normal". Turkey is a country that has strong relations of friendship and family-ties.

Therefore, the necessity of mandatory masks in public in terms of the process of combating the outbreak and making regulations in accordance with social distance rules were perceived as factors that make it difficult for the Turkish people to adapt to the process called the "New Normal". However, the increase in the number of cases has reached a global threat dimension. This situation has influenced both the government's tightening of the measures and the public's awareness of acting in accordance with the regulations. It can be said that the existence of the epidemic has psychological impacts on the Turkish people, such as the fear of being caught in a virus and the fear of losing their beloved ones; as well as the social, economic, psychological, political, and legal impacts of the regulations introduced to combat the outbreak being quite destructive and controversial. The curfew imposed in the context of combating the outbreak in Turkey, led to fundamental changes on the country's economy with individual's sociological structure of society. Equally, the curfew imposed in the context of combating the outbreak in Turkey, has led to fundamental changes on the country's economy with individual's physiological structure of society. Many regulations such as closing hotels, shopping malls and restaurants, canceling cultural events such as cinemas, theaters and concerts have resulted in many people losing their jobs. As a result, inevitably, the impacts of increasing unemployment on the psychology and sociological structure of society will lead to more serious consequences in the future. Even countries such as the USA, China, and England, which are considered to have strong economies, have experienced difficulties and impediments in many sectors, especially the health system. Undoubtedly, such problems in developing countries such as Turkey will lead to more devastating consequences in every sense. Hence, it can be mentioned that the process of combat to the outbreak will bring a common responsibility including Turkey in terms of countries of the world. This responsibility is to redesign and develop health systems against a possible epidemic crisis in the future, based on the experiences in the pandemic process and considering psychological problems.

Considering the measures taken in the field of education, it can be noted that it is highly correlation between the equality of opportunity in education and the extent to which equality in income distribution across the country is achieved. The spread of digitalization on a global scale and technological improvements, has meant that people living in developing countries such as Turkey do not result in the same ratio to benefit from technological facilities. Conducting educational activities by providing remote access requires advanced infrastructure services before students have the technological tools that enable them to benefit from this service. A concrete example of this inequality is to access the application called 'EBA', which provides online lessons at schools affiliated to the Ministry of National Education, but in fact resulted in death of a student named Çınar Mert by falling of the roof, when he tried to attend the online lesson via 'EBA'.

Another issue that needs to be addressed in terms of impact on the pandemic process in Turkey is the increase in the use of social media. Many companies provide e-trade services, advertise through social media accounts, etc. Although the developments are a positive progress in terms of combating the epidemic and digitalization facilitating daily life, the change in the working system of the market within the framework of social distance rules has caused the suspension of work in some production points and contraction in the economy. Therefore, COVID-19, which affected all aspects of social life in Turkey, especially in economic and social means. At the same time, essential services have almost come to a breaking point. (Soylu, 2020). In addition, an increase was observed in the facilities where hygiene materials such as masks, gloves and disinfectants are produced and the number of shops where they are marketed. Hence, in the process called "New Normal", the manufacturing and sales of equipment used to combat the epidemic increased; Although this increase affects the future of existing sectors, it can be inferred that it is a factor that allows the formation of new sectors. The factors that caused the COVID-19 to turn into a pandemic that all the world states are fighting, is by identifying it as a pandemic by the World Health Organization, international trade, diplomatic relations and human mobility. Turkey is a country which borders Syria, a country deeply affected by civil war for years and leading to many Syrians demanding asylum in Turkey. In addition to this, Turkey is one of the countries of the Council of Europe, responsible for monitoring and control of its immigration policy. Therefore, how Turkey fulfills its responsibilities for the refugees in the country, even during the pandemic, could affect Turkey's candidacy for EU membership.

Another important issue is the economic inequality resulting from the fact that women among the refugee groups who have been displaced in Syria are paid less than men for the same working hours. In addition, women are the group who experience the worst conditions of the war despite the ceasefire process due to the gender discrimination they are subjected to. During the pandemic, EU member states increased their border security. Consequently, this has led to the suspension of asylum requests of refugees on temporary protection status in Turkey. The fact that the majority of refugee groups struggling to survive in unhygienic conditions in border regions are women, and they cannot benefit from most health services, increases the risk of the spread of the epidemic. Therefore, although it is seen that globalization has created a major threat to border security due to the COVID-19, it is necessary for all countries to ensure the continuity of the diplomatic system with alternative and collective foreign security policies. The most general conclusion to be issued here is that COVID-19 cannot be mentioned only in terms of Turkey's political influence. To prevent the refugee crisis from turning into a global crisis with more devastating effects after the pandemic, collective security policies, in cooperation with Turkey, should be adopted.

The COVID-19 effect in Turkey, in particular social, psychological and political impacts have resulted in a connection to violence against women and domestic violence cases. It is seen that violence against women, which can occur in many ways including physical, psychological, sexual, and domestic, has increased throughout the world during the pandemic process. The main reason for all forms of violence against women is the lack of gender equality. It is stated that in societies where there is a male-dominated order in economic, social and political life, women are at higher risk of being subjected to violence. Domestic violence, on the other hand, is the most common type of violence against women and the most hidden type of violence.

During the COVID-19 pandemic, the Council of Europe has reported that particularly domestic violence has increased to a large extent in many council member countries. The Council of Europe also made suggestions for the implementation of the Istanbul Convention (Council of Europe Convention on Preventing and Combating Violence Against Women and Domestic violence). In Turkey, violence against women and killings of women's pre-pandemic time also appears to be quite common. It has been observed that the isolation measures and curfews imposed to combat the epidemic during pandemic time are important factors leading to the increase of domestic violence against women. According to the reports of female solidarity associations and non-governmental organizations operating in Turkey, During the COVID-19 pandemic, it was noted that the number of people seeking helplines increased by 55% in April 2020 and 78% in May. It was also stated that the applications were mostly due to sexual violence in April and psychological violence in May, and most of these applications were made by women who were subjected to violence by the man they were married to. Social isolation measures in the digital environment in Turkey resulted in the increase of cases of violence against women. Digital violence occurs in numerous ways including insults, threats, hate, swearing, or sexual content articles, images, etc. It covers all actions such as sending, publishing, and stalking through relevant material. During the pandemic phase, the number of complaint calls made have increased due to digital violence. Digital violence calls constitute 11% of all notices made to the complaint call line. (Ünal, Gülseren, 2020) The inability to prevent an increase in violence against women in Turkey and not to take the necessary measures by the authorities to provide gender equality can lead to more serious consequences in the future.

Finally, in Turkey, with regards to the context of fighting outbreak in terms of the COVID-19, it is useful to discuss legal regulations. To debate this could be an important point that will affect changes to the future of Turkey's domestic politics. The main reason to discuss related to the constitutional basis of the regulations introduced within the content of combating the pandemic. Almost all of the measures taken to combat the pandemic are meant according to the

Republic of Turkey's Constitutions in relation to fundamental rights and consequently may be debated as a limitation of these rights. In this context, the curfew imposed and keeping people coming from abroad under 14-day mandatory quarantine refers to the "Personal liberty and security" (Article 19) right; the obligation to wear a mask refers to the "Personal inviolability, corporal and spiritual existence of the individual" (Article 17) right; intercity travel prohibition refers to the "Freedom of residence and movement" (Article 23) right. Similarly, the "Freedom of religion and conscience" (Article 24) of religious regulations, "right to property" of closing workplaces (Article 35) and "freedom of work and contract" (Article 48) regulates and restricts the "Freedom to claim rights" (Article 36) of cases whose legal process is suspended, and the "Right and duty of education" (Article 42) transition to distance education for educational institutions.

In Article 13 of the Constitution, it is stipulated that the limitation of fundamental rights and freedoms shall be made by law. However, to combat the COVID-19 in Turkey, changing fundamental rights and freedoms of the regulations are accepted as direct intervention, contrary to the Constitution (Article 13). This is because these restrictions are made by Presidential Decrees, which are sub-level executive orders in terms of the hierarchy of norms. In the analysis of this, there are some writers who have stated that the measures taken in Turkey to combat the COVID-19 pandemic are illegal. The views of these authors are that a state of emergency must be declared in order for fundamental rights and freedoms to be exercised through regulatory orders of the executive, such as decrees. (Gözler, 2020) This subject will be seen as an important issue which will affect Turkey's legal regulations affecting domestic political life, once the pandemic ends.

6. Conclusion

This study examines the psychological, social and political impacts of the COVID-19, which poses a global threat on societies within the framework of global regulations introduced within the context of combating the pandemic. The social, psychological and political impacts of Covid-19 in Turkey constitute a large part of this study. In this context, it has been concluded that the regulations introduced with the aim of combating the epidemic may differ due to factors such as the cultural, economic and social dynamics of a country and their experience of combating other epidemics in the past, and possibly also their infection levels.

The most important feature that distinguish the COVID-19 pandemic from other dangerous epidemic diseases that have been fought throughout human history, is that it is the first pandemic in which digitalization and technological progress were used to combat the epidemic. It is a known fact that digitalization

has many positive effects in terms of combating the epidemic. However, the social isolation measures introduced to combat the COVID-19 increased the time spent on social media, resulting in an increase in violence against women through social media to be carried out. This situation has caused both the diversity of the types of violence and the increase in the number of cases of violence.

The regulations introduced to combat the COVID-19 are highly correlated with the socio-economic, sociological, psychological and cultural parameters of a country. Although the regulations and restrictions imposed within the context of combating the epidemic in each country indicate different characteristics, it is obvious that the struggle to eliminate the negative impacts of the pandemic on the psychological, social and political life on a global scale is the main challenge. The fight to break this struggle should take place in the form of collective cooperation by globally internalizing the lessons learnt from the pandemic to humanity.

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