

Human Relations in the Post-pandemic Period **-New Truths in the New Normal-**

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Human Relations in the Post-pandemic Period -New Truths in the New Normal-¹

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Abstract

Pandemics are also psychological phenomena. When we search the literature on pandemic psychology, it is worth noting that the successive reflections are always related to the psychological dimension. Unlike conventional natural disasters, COVID-19 infection pandemic is a trauma that affects people regardless of location and time. It affected people's lives without knowing when and where to come. Despair, inadequacy, pessimism, burnout, anxiety for the future and hopelessness aroused feelings. Uncertainty increased anxiety. The danger dimension of crises evokes a sense of burnout that we have allostatic burden. On the other hand, if the size of the opportunity can be focused, it turns into trauma that develops trauma. Mental transformation, social transformation, economic transformation and political transformation are chained. Modern man was in a cycle of social mobility, economic mobility and body comfort. With the virus pandemic, his comfort was impaired, his freedom was restricted, he had to change the life focused on speed and pleasure. The first thing that changed was the close relationships and experiences. In this study, we will consider human as a bio-psycho-socio-spiritual entity and discuss analysis and ways out.

Keywords

Coronavirus, Pandemic, COVID-19, modernism, mental health, human values, mirror neurons, social brain.

¹ This study is a translation and updated version of the paper previously published in the book titled "Küresel Salgının Anatomisi: İnsan ve Toplumun Geleceği" by TÜBA in June 2020.

Introduction

Human is A Relational Entity

Emile Durkheim carried the positivism to sociology 150 years ago and replaced society with God, and the thesis “let’s look at the society as we look at God” revolutionized sociology. “The social event is not an individual dependent process that starts and ends with the person. The social event is transcendent; the individual joins it. Participating in the social event is an inevitable necessity for every person. Because social events; religion, economy, law, morality, politics, science and art are the events they determine the general compulsory of a person and the relationships between people. It identifies the specific individuality and sociality of the human. One gets the general truths already from the society, without discussing and researching. These facts; are the basic basis of the individual’s judgments about himself, others, interpersonal relations, nature, universe facts.” opinion belongs to him (Wikipedia, 2020). However, neuroscience made a revolution that affected all sciences in the 1990s. Human behavior and psychological dynamics were very similar to each other social behavior and dynamics. The concept of social schizophrenia, social empathy, social aphasia, and social intelligence has been accepted enough to enter the daily language.

According to social neuroscience, the human brain produced mind theory and theory’s theory. Autistic children did not have empathy, so they could not learn sociality and to lie. The very first feature that distinguishes man from other creatures, is that it owns a social brain. Thanks to the social brain, it could establish social ties. The person who can manage social ties, was able to form an organized dynamic society even though it was weaker and powerless than other livings. If you gather a thousand monkeys in a field, it does not form society, but when you gather a thousand people together, it could create a relationship network. The total of human relations made up the society. Every common effect that changed human relations had a social counterpart,

economic counterpart, and political counterpart. However, in the last 20 years, two behavioral economists have received the Nobel Prize. The topics were areas such as how people make decisions and psychological factors in purchasing behavior. Durkheim was wrong, ignoring human relationships.

When we evaluate the COVID-19 Pandemic with this view, mental transformations will have consequences towards social transformations and mobility, economic transformation and political transformation. For this reason, it is important to read this “Global Epidemic” over human relations.

Psychology of Human Relations

In the in recent years in psychology studies, it has been understood that human relations are a scientific category. The psychological dynamics of man’s own inner world, pleasures, principles, and lifestyle were included in this category. In the psychology of relations, verbal and non-verbal relations were included in human relations. Verbal communication (Verbal) is about the transfer of information and makes up 20% of the communication. Nonverbal communication (Nonverbal) accounts for almost 80% of interpersonal communication. This is a transfer of emotion. Behavioral language such as sub-threshold highlights, tone of voice, facial expressions and gestures, emotional and social clues are read. The emotions that affect emotion transfer, were the most range is ranging from love to fear. Herewith, it seems like, the global COVID-19 epidemic, builds emotional changes and due to its long term, will cause new normal.

The pandemic harms most to the need to be tied with

Human beings tend to be a part of social structure by their biological nature. Our need to be tied with, is a biological feeling and is most common in nursing mothers. The name of the binding hormone is the “oxytocin” hormone. The person who cannot provide the need for been tied with, does not feel safe, the process, which leads to false ties or even use of drugs, begins like that.

It is necessary to endure a force and take refuge in a crisis situation. Loneliness is eliminated like this. Being in selected loneliness is a special skill. It develops when the person is able to establish a relationship with himself and with a highly power. This was our most affected psychological need during the COVID-19 Pandemic process.

- 1-People behave differently in the group because they are on their own.*
- 2-People set rules within groups.*
- 3-People tend to follow social rules.*
- 4- Some people have different characteristics about following the rules than others.*
- 5-There are rewards for compliance with the rules, penalties for non-compliance behavior.*

6-If there's an established order, there is resistance to innovation.

7-In the case of crisis, at begin the behavior is hazard-oriented, change-focused harmony develops within time, adapts to develop.

Without the frontal brain, there would be no civilization

Social brain studies have revolutionized all areas, and this is the case in terms of understanding and understanding their relationship. There is a limbic system in the middle areas of the brain where emotions are performed and the thalamus region where information and filtration are performed. The analysis of information is made like who, what is it, what is it not. Then the information is transferred to the vision center and the connection is established. By these patients, the thalamus section does not work, but there is an early warning system in the brain. They form the side paths or ways of emotion (by-passing pathways) in the brain. Because those paths work, they can read, understand and react. But it can't give a sense to, because it can't read the information. What we call subconscious is actually implicit memory. This explains the neurobiology of the relationship. The final decision is made in the frontal lobe; the forebrain is the captain's lodge of the brain. People who have been damaged in this area experience serious personality changes.

Personality and Psychological Integrity

The relationship has 3 dimensions. These are emotion transfer, information transfer and behavioral transfer. Behavioral transfer covers physical behaviors such as touching, body contact, eye contact. These 3 transfers, which differ according to persons, are communication styles and form the personality of people. Problem solving style and communication style generate one's structural differences. Personality has several layers and they are like pieces of a puzzle. Psychological integrity is at the forefront of personality integrity and these two are in an integrated form. But there is integrity as ego in personality integrity. In psychological integrity, human relations are also involved into the issue. His relationship with the atmosphere and environment is in the emotional background. For this reason, it is correct to treat relationship disorders as diseases. We can list relationships in the form of human's ego, other people, society, living things, the universe, and finally, relationships with God. The communication style or stress-coping style differs from the problem-solving style. The communication style has a trouble-solving strategy or stress management. The stress management covers the emotion's management as well. In problem solving style, the logical process is effective, therefore, there is a thought management. The rational cause and effect relationship must be established.

Relationship definition

When the relationship is taken impartially, it is also about the relationship of one's own world, as well as it is an issue about a relationship with other people, society, living things, the universe and the creator. But here the relationship

with people is important. When we look from the perspective of empathy, the forms of the relationship in between human communication are more different from the relationship with the person himself. The relationship of the person with himself can be described as follows: One's emotions, impulses, desires and tendencies are emulated to a wild horse. The person needs to establish a relationship with himself, like the rider's relationship with the horse. In the race, the relationship of horse and rider with other racehorses, is like their relationship with the other people. In some personality disorders, the person establishes such an identification with his nearby people, that he begins to see them as an extension of his body. For example, a man, in the traditional male kind (rowdy), sees his wife as his own extension. He perceives her as his own arm, leg and sacrifices himself for her, but asks her to obey him completely. Some women like it to be owned like by bully men, as well. But when she does not satisfy a man's ego, so the man breaks down her. This is a form of unhealthy relationship.

Conflicted communication

In the way of relationship-building, the roles of the relationship-built object are important also. For example, there's a relationship to been built with the role of a mother, a father, a businessman. Inter-human relationships also vary by roles. There are relationships they are business, school, home, friend. People begin to build with the other a relation, depending on the role they are covering themselves in it. When roles are get mixed with, conflicts occur. Let's consider a working woman; She has to establish 3 different relationships as a housewife, a working woman and a motherhood role. If she does not act as a mother when she comes home, but as a working woman, she cannot empathize with the child. Or, if she performs her motherhood role at work, she cannot do her job. In this case, roles get mixed, conflict begins, the way of communication deteriorates, the roles of the objects will change. If a person knows how to act in which role; if he acts in according to the role at home, at work and on the street, he communicates healthily.

If two parties live problems in a conflicted communication, it is in question, that they fail to succeed to build-up information, emotions and relationships with each other. There is an intercrossing in this communication. For example, if a mother plays the role of a teacher towards her child, becomes imperious, authoritarian, she will distance her child from herself, thus she is breaking the communication. It makes it easier for us to determine the roles in communication, to know the personality roles correctly, to analyze the communication.

Communication models

In conflict-free communication, there is build a communication with the other person and there is a mutual interchange. There is a knowledge transfer leg in this communication, but no emotion transfer leg. Conflict-free communication is not a healthy communication. If there is silence in this communication, if it does not change the physiology of the other party - you speak, you take it, you

give it - there is nothing in between, but there is only a distant relationship. They are like passengers in the same bus, they go to a common destination, but there is no conflict. In order to understand the conflict-free communication better first, it is necessary to talk about the neurobiology of communication. Conflict-free communication is divided into two:

Unconflicted Harmonyless Communication

There are no clashes between the two passengers who went to the same place in the same bus, but there is no harmony as well. For example, in the bus, jokes are made, everyone laughs, who is not laughing, could not bond a harmony with the atmosphere, but there is no conflict also. This indicates that there is unconflicted harmonyless communication. Since there is no harmony between them, synchronous movement does not occur, and empathetic resonance does not occur.

Unconflicted Harmoniously Communication

Two passengers traveling to the same destination on the same bus talk whenever they need, and exchange information. There is information transfer in this communication, but no transfer of emotion, no empathy either.

Empathetic Communication

Empathetic communication is the deepest and most effective form of communication. It is the communication style of two people who love each other and immediately understand what each other feels. One feels he is becoming sleepy, the other puts immediately a pillow under other's head.

Communication is the method applied by two relationship objects. Communication is like the roads of a city, and the relationship represents the mobility of an entire city. As well as there are people, objects in the city, there is love in relationships either, objects of emotion, objects that satisfy the need. So there are changes in these three communications between two people throughout the day. When it comes to establishing an empathic relationship, we also understand the neurobiology of the relationship. When it comes to establishing a relationship, it is generally perceived as one computer's relationship with the other computer and is considered as a book exchange between two people. However, human relations are not like that.

Today, efforts are being made to develop an interface and transfer the information on the computer to the information in the brain. The information in the human brain is not just plain information, it also has an emotional dimension. According to some brain studies, an emotional blind vision (affective blind vision) disease occurs in a patient who has had a small vascular occlusion in the brain. When these people look at a picture, their eye sees, but cannot perceive what they see. Because there is a vascular occlusion in the brain, on the path between the eye and vision center. For example, he looks at his wife's face, but does not recognize her. In the very advanced stage of the disease, the patient looks in the mirror and does not recognize himself.

Although such patients look at a picture and do not know anyone, they mimic the facial expressions as same as in the picture. If the eyebrows in the picture are frowned, the patient will frown as well. This reveals that he does not see logically, he sees emotionally. He does not recognize the person he sees in the picture, but recognizes the emotions in his facial expression. For example, they show a picture of the spouse, he does not know that he has got a spouse, but if the picture is smiling, the patient is laughing also (Tarhan, 2009).

What had Modern Philosophy of Life Predicted?

Two results of Modernism; Egoism and Comfortism

Violence is increasing in societies where living standards are rising, and wealth is increasing. However, this was not the predictions of the age of enlightenment; Violence should decrease as modernization rises. According to the 2003 numbers announced in the USA, one out of every 14 Americans has been victims of murder, violence, rape, theft, one of 6 Americans is a victim of a snatcher and an auto theft. The money spent on fighting crime in the USA in 2003 is 120 billion dollars.

In his book Emotional Intelligence, Daniel Goleman states that 57% of children killed under the age of 12, were murdered by their parents. News about school murders is often on the agenda. Is the feeling of pity decreasing in humans? Is intolerance increasing? Is the tendency of inability to understand what others are feeling and not being able to control anger today? To cut corner, the desire to own without effort, has become globally a common. There is also digital violence. Cities are being built, guns are talking, robberies are made. Godfathers are at work, chainsaws, laser guns, shotguns have everything. We cannot prevent our children from computer games that teach bank robbery and encourage violence. It is asked like; to where is the humanity going, what should we do to make the world more livable? On the other hand, street children are a problem in the form of crime machines. Poverty leads to be enemy of wealth and then to serious crimes such as extortion. Increasing fragmented families and weakening of moral values seem to be the reasons discussed.

Modernism encouraged rapid life and hedonism

The selfish up of human of modern life while trying to individualize, is one of the reasons for violence. Freud described the definition of happiness as 'a living being to satisfy human pleasures'. It has produced historical consequences that change not only psychology, but popular culture from start to finish. Freud's doctrine, doing what you always like, has had consequences such as indulging in entertainment and luxury. Young people who see the fun as their right to be prevented, even the closest relatives can be violent without pity.

While modernism has had planted hedonism, seeds of selfishness, which have posed global consequences such as loneliness and unhappiness, the

COVID-19 outbreak has arrived. In three important areas, freedom, body comfort and future anxiety, revealed the necessity of radical interrogations. If there is no change in a person's philosophy of life, the social distance that will last several years can cause to, the social peace is deteriorated by alienating, solitude, increasing fear, raising anxiety, weakening trust, and ultimately increased feelings of hostility. Freedom, inability to maintain the balance of responsibility, seems to be the most important threat posed by the global epidemic. In the meantime, it should be notified that the misunderstood social distance rule, pushes people and countries towards their interior. It would be better to interpret this definition as physical distance, not a social distance. Special efforts are required to maintain social distance, without weakening social ties.

The 'Lost ring' in human relationships: The emotions

Brains shop independently of us

Recent advances in neuroscience have identified the presence of some cells in the human brain that are thought to be scattered. These cells, called "mirror neurons," were able to replicate the intuitive state. These mirror nerve cells are cells they detect and copy the emotional flow and intentions of the people we are with. Emotional exchange between our brains and other people's brains have been demonstrated by experiments. Intuitive senses, called the sixth emotion were detected, but they could not be proved. What were the neural mechanisms, that were a concrete step towards finding the missing ring?

Mirror nerve cells serve emotion coordination and synchronization between two people. One person's emotional intimacy affected the other person's feelings. In addition, while the nerve cells copy the emotional flow, the intention of the person with whom it is, some parts of the second person's brain are activated; especially the tendency to catch emotions they have been strongly expressed, is more noticeable. Emotional feelings of harmony allow people, to be quickly when faced, with their attitude, tone of voice, mimics and gestures. One's hostility increases the hostility of the other party; it can increase the tension. Our love could attract the love of the other person.

Social brain studies in recent years have expanded the scale of neuroscience radically and scientifically. Instead of a single body or brain, brains that exchange with each other have become scientific categories. Two psychologists, Dr. Diamond and Dr. Aspinwall of the University of Utah, USA, talk about "Reciprocal regulatory psych nerve." It's not a spiritual fact that affects emotional intimacy other person's psychology, it's a demonstrable fact. A center of insight and social neuroscience was established at the University of Chicago. John Cacioppo, head of this center, says that, "the emotional state of our relationships, has a significant impact on the route of our cardiovascular and hormonal systems."

The importance of the emotion's bond

The activity of the nerve cells in the human brain, operating such as the

wireless internet, can be measured by “fMRI” studies. When eating, watching food and dreaming of food, separate areas in the human brain are triggered. When the human in the front of you raises his arm, the area in your brain about lifting the arm takes action. Imagining or seeing someone who loves you during a fearful waiting, is soothing the region with anxiety in the brain. While all this information reveal the benefits or harms of emotional relationships to the health, the medical circles get goosebumps.

To be loved, loving, to been rejected, heartbreak, bears results between psychological pleasure and psychological pain. These are emotions with biochemical counterparts in the brain’s metabolism. One of the badnesses applied to people emerges; “Being deprived of love bond”. Modern life has increased man’s monetary capital but reduced its emotional capital. The weakened emotional ties were to face life and illness alone and to suffer a second pain. The emotional negligence of a mother, father, spouse, child and a friend’s beloved ones, was not only selfishness, but was suffer them also. The transformation of the emotional well-being into physical well-being, was biological information. It was understood, that heavily ill patients staying under an undergoing “last resort” treatment, had a sense of hope, anticipation for recovery, and a loveful environment, was a scientific category. Now it is time to identify changes that will appear in the brain with the prayer. Do mirror neurons acting in the brains of people who have been prayed and healed in their absence as well? Thus, immune systems overcome the disease. Do mirror neurons act in the brains of people with mental shelters, such as belief in God, and contributes that to their recovery? Real scientists will answer these questions. It is been said that Lieberman and N. Eisenberg from UCLA, say in their books, that the pain centers of the brain have gained extreme sensitivity in loveless cases of social rejection (10th October 2007, New York Times).

Genetic aspect of emotion

Love is a genetic trend. As the area responsible for emotions in our brain gets richer, this feeling develops and turns into love. This desire that directs women to men and men to women; if there is not the love, when the two genders have to endure to each other, they cannot do it. Ideal in love is, a loyalty-based relationship surrounded by love, respect, and trust. This relationship will have stormy and difficult days as well as good. But the power of love is enough to overcome these difficulties.

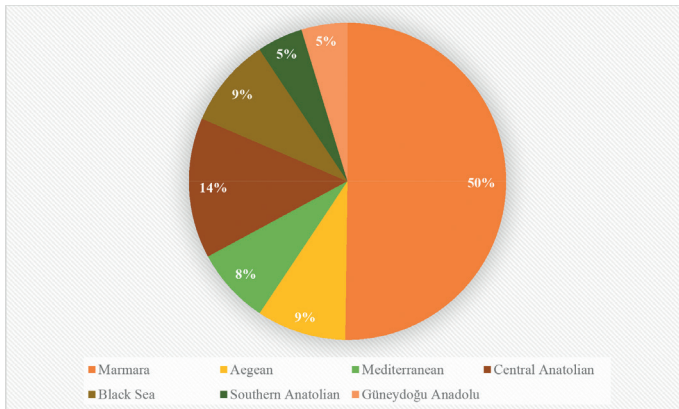
The love-related part of the brain develops in the first four years of childhood. For this reason, the first four-year relationship between the mother and the child is extremely important. The feeling that the child is loved, even with a glance or touch, helps the development of his feelings in this area. The child who is not been loved in the early days of its life, will not feel safe and will not secrete brain growth hormone. The physical development of the child, whose growth slows down, will also weaken. For example, in the West there are children who have been put in baby boxes and on our side, they are left in the front of the mosques. Although these children are cared for at home

with very good physical facilities, they often have difficulty in establishing one-on-one, determined and consistent communication with people, because they often change caregivers. The child, who does not get enough love, closes itself against the outside world, as there is a lack of basic sense of trust. Introversion begins with a period of protest, primarily caused by maternal deprivation. At this stage, the child cries everything that approaches it. Later, it experiences a period of inward closure, detaches from the world and enters an autistic life. The symptoms of this are the inability to learn to read and write, to behave with disconnection from life. Some of the children with maternal deprivation cannot secrete brain growth hormone. Because love is the neurophysiological need of the brain. There is a disease called “hospitalization - Nest Disease” in the child homes. The child with this syndrome gets very often ill and sudden deaths occur. The way to prevent nest disease is, to satisfy the child’s need for love as an energy (Tarhan, 2008).

Emotions field study about the Coronaphobia and the Epidemic

Uskudar University Epidemiological Research Working group conducted an online survey, covering all around Turkey with a large scale and high representation capability, covering 6318 people in April 2020 and the results were announced at a press conference. The purpose is the determination of the level of fears that will affect life in the epidemic of society in our country affected by the global epidemic, the current and future concerns, perceptions of process management, psychological maturation levels.

Graph 1. Geographical distribution of participation in the COVID-19 emotion field study



The method is conducted between the 17th to 25th April 2020, with forms filled over the internet. Sociodemographic information form, 7-point coronavirus fear test, 28-point epidemic-related concerns test, 3-point process management perception test, 6-item maturation test.

The results of the study, which have not yet been published, are as follows. As seen in the tables, there is a process in society, that leads to psychological maturation around 50%, together with widespread fear and anxiety.

Figure 1. Emotion Studies areas

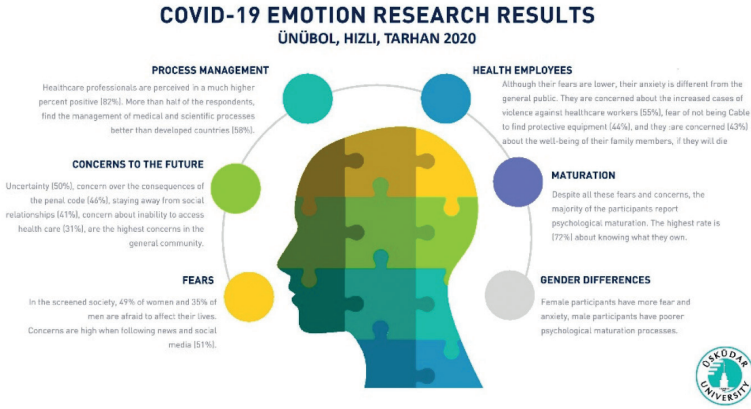
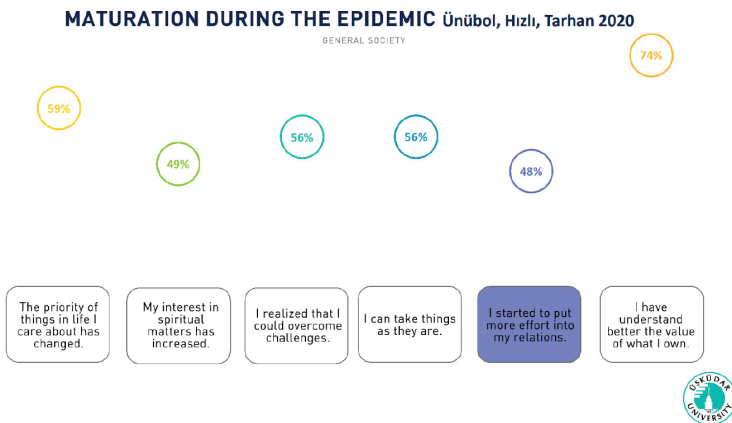


Figure 2. Distribution of fear at clinical level



Figure 3. Psychological maturation areas and rates



The question came out of biology, we cannot see ahead

A news in the press reported that a person who had a positive COVID-19 test committed suicide. Another news is; that someone sneezed in the middle of the people, and has been stabbed by a near one whilst saying; “Do you want to kill me?” If we say that people who commit suicide or become aggressive, they express the emotions of millions, we will not be exaggerated. Social isolation restrictions continue, but in parallel, psychological isolation is increasing also, accompanied by feelings of inadequacy, besierance, helplessness, urgency and uncertainty.

The feared started to be happened, we begin to think whether are we pushing the people into the gray zone of panic, depression and paranoia, while we experts try to protect them from infection. Gun sales in the United States have increased 10 times, suicide cases have increased by 35%, and access to religious sites in search engines has highly increased, people are panicked about expecting help from science.

We are really experiencing a major crisis in the human history and thus even after the first industrial revolution. It is as if everything, including the economy, has been flunked. Everything will be restructured, even in engineering, Bioengineering, Molecular Biology Genetics branches will rise as fields of business and profession. Economists say, **‘The question came out of biology, we cannot see ahead’**. The share of the private in the number of intensive care beds in the health sector was 60%, the state had to increase the additional investment in the health sector, and it is necessary to encourage relevant specializations for physicians. Intensive care was not as a specialized branch in Turkey, its establishment should be brought at the earliest opportunity to the agenda.

Pandemics are psychological phenomena

We are facing a biological disaster. All these experiences are psychosocial trauma, evaluated within the scope of disaster medicine. The difference of this disaster from other natural disasters such as earthquakes, hurricanes or floods is; that its time and place are uncertain, and we do not know when and where we will encounter with. It caused great uncertainty. Uncertainty is an emotion that the human mind cannot sustain. Therefore, anxiety and fear pandemics are mentioned.

Human’s psychobiological nature is programmed to perceive a melodrama more carefully than a comedy. If everyone will hear unusual noises, while they were calm, so everyone would quit the job and turn their attention to it. This is necessary for survival impulse and life-saving harmony in evolutionary psychology. We owe it to the secretion of stress hormones coming from our brain. According to the publication “Anxiety in Pandemic” published in Medscape on March 31, 2020, 70% of the communities feel fear, concern and anxiety at the clinical level. New disease definitions were also made as coronaphobia, Pseudocorona (false corona), corona paranoia.

Our normal has changed, we need to create new norms, with priority over human relations. As we read more about pandemic, we see that; pandemics are actually psychological phenomena. Why is that? Epidemics were not only related to some viruses that infect people. People's kind of their behavior has caused pandemics. Outbreak patients, can be only controlled if people agree to do certain things such as closing their cough, washing their hands, respecting social distance, and getting vaccinated if they have not been vaccinated. If people refuse to do these for various psychological reasons, the epidemic continues to spread.

As we explore human psychology in pandemics, we see that psychology plays a crucial role in how a society reacts to the epidemic. In previous pandemics, racism, panic buying, and "hypochondriacs" filled hospitals, and people who were uncomfortable with isolation and other forms of social withdrawal were in majority. It figures out, that psychology is extremely important in understanding how people deal with or react to the threat of pandemic infection. Indeed, we have seen it all in the current COVID-19 outbreak.

It is necessary to look at the clues of what is important to understand and overcome pandemic of human behavior. Virologists had predicted, that the next pandemic come out soon. Therefore, it was important to understand pandemic psychology, to control the spread of contamination to people and communities in general and to find ways to help cope with the emotional distress associated with pandemics (Huremovic, 2019).

Priorities should change during the crisis

First, society should be illuminated by the rules of crisis management. Uncertainty should be eliminated, openness and transparency should be continued, decision makers should not see criticism as a threat. Fortunately, Turkey's health sector has made a lot of investment, we welcome the crisis with a good infrastructure. I hope we will be one of the cheapest jumpers.

Second, when experts talk, especially those of medical origin, should not neglect to give people hope at realistic boundaries. Let's look back; humanity, Medical Science have beat great infectious diseases like; tuberculosis, typhus, plague, polio, leprosy etc... And he has the power to overcome it, with the permission of Allah, and there is a cure for everything, except of death, and there is no pessimism. Experts should speak with that confidence.

Violence in the family and divorces

Thirdly, there is a saying in the COVID-19 report, which reports China's experience, 'We beat the pandemic with social cooperation, not with social isolation.' This means "Let's open the social distance but narrow the psychological distance".

The long taking social distance, is contrary to our biological and psychological nature, so it is natural to have some consequences. Those with adaptability

(Allostatic Compatibility) can only get stronger out from the process. Literature information and information in the example of China, show that domestic violence and divorces will be an important agenda during and after the epidemic. As a result of not perceiving social distance as physical distance, it is inevitable for the distant life to weaken or change social ties, family ties and relationships, those who adapt and produce new strategies are exceptional (Eser, 2020).

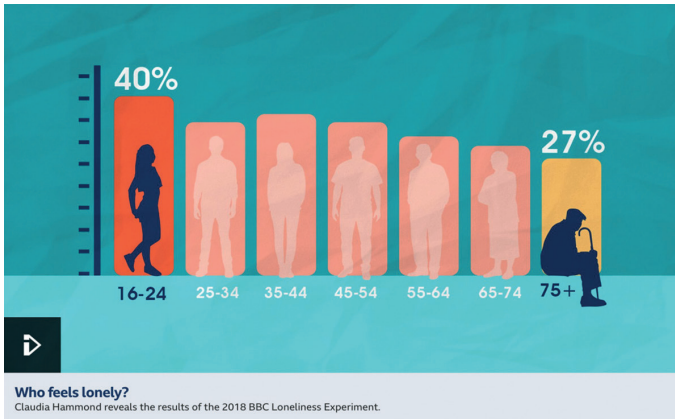
Not only psychology professionals, but everyone should spread the two concepts in their homes, workplaces, and social circles. These two values are “Compassion and Kindness”. Everyone should be careful not to hurt each other, to take care of how they say as much as they say. Our freedom has been restricted, it’s true, but our humanity has not been restricted! We were in the age of pleasure and speed, but we had to abandon some of our delights and amusements. However, we can activate our mental flexibility and develop new alternatives (Harris, 2019).

The deletion of the dinosaur from history, was due to its small head and big armor. Man’s mind and intelligence made him establish the civilization. Perhaps these events will be “Developing Trauma”, not a disaster for humanity. Let’s activate our adaptability, not the strong ones in nature, but those who adapt, have survived and won. In summary, we must be a promising leader, regardless of circumstances, in our home, family, workplace and even against ourselves.

The Nightmare of Modernism is Loneliness and Digital Addiction

In a field study conducted by the University of Manchester and the BBC on 55,000 people in 2018, before the pandemic, the weakening of the social ties and family ties of the elderly due to digital dependence, was determined by numbers. The COVID-19 pandemic was discussed as a problem for young people to see marriage as a hindrance and to ignore religious, national and ideological affiliations. Crises often accelerate negative trends or open up opportunities for those who have made radical transformations. The West has produced great philosophers, and philosophers, social scientists and religious scientists who are motivated to seek the truth have a lot to do (BBC Media Centre, 2018).

Figure 4. BBC-Manchester University solitude study main result table



Source: (BBC Media Centre, 2018)

Is It Necessary to Question the Modern Human Type?

Modern human has suddenly succumbed to a virus whilst building skyscrapers on Earth, going into space, building autonomous robots, proudly wandering the Internet of Things, 3D printers, big data, virtual reality, simulations. He was afraid of losing what he had earned, stunned the fact that death was close, while his body was very concerned about his comfort, he saw that his health was under imminent threat.

Freedom-addicted modern man had to spend his days in a narrow space, but he also has the capacity to stand up and continue his way. As if everything was suddenly a lie in the eyes of modern people, does nature take revenge on us? We broke the order of nature, we played with the rules of the universe, is there a message from the invisible reality that speaks with the language of the event? This uncertainty is enough for us. But if there is life, there is hope.

Where will the pandemic stand, are new waves possible? While we are afraid of the atomic bomb, this semi-alive, self-reproducing microbe has dizzied our heads, we do not know where it gets its power, but we can say that it will leave a mark with the things it gains and losses, nothing will be like 2019. This fear is enough for us.

Either Radical Change or Collapse

As like very strong, successful, capable of all, as well as he should have created the little mountains, and to intervene at that point to the quantum universe, the mankind, omnipotent with the technology's earnings, so full with feelings of being strong as an 'omnipotent', he was walking on Earth like all that. This invisible virus came, as if everything suddenly lost its meaning. As with Yunus' (Prophet Jonah) term, "a fly hit an eagle on the ground". It is as like as everything has become a lie.

You cannot hug kith and kin, you cannot even put your own hand on your face, on the subway, on the bus and on the stairs, you look at your arms like an enemy, even when you come home, your clothes become hostile, as if your dreams and plans about the future are turned upside down, everything has become suddenly as like as a lie.

You are afraid to kiss the hand of your mother and father, you cannot hug your children. If you are a health worker, you are afraid a thousand times more, you are staying in another house, you panic if they accidentally touch you at the workplace, you give the paper to your friend remotely, you fear from your friends, there will be no one coming to the funeral if you die.

Meetings, schools, fairs, restaurants, cafeterias, weddings, tourism, flights, are all canceled, planes are gathered like birds in the cold, they cannot fly. Unlike historical outbreaks, it does not distinguish race, language, religion, rich, poor, strong, weak, private soldier or general. There are new friends of us been formed, water, disinfectants, soap, social distance, so called loneliness, how long this will last is unknown.

Shutters are down, invoices are being processed, rental time and amount have not changed, taxes continue, we are on the same ship, social support remains very weak, we will pay an economic price, but we do not know in what extent. The hasty, impatient, speed and pleasure-oriented modern human could not acquire the ability to postpone satisfaction, lost endurance, did not ask if success was the only truth in life, and did not seek the correct philosophy of life.

Capitalist Morality will enter in process of questioning

If capitalist morality is fed by the hunger of the hungry ones, by the weakness of the weak, by the begging of the poor, then the end has come and must come. Modern man should ask himself, the world where the disadvantaged are not happy, and the rich cannot be happy, as if you cannot laugh if there are crying people at home, the ship is going into the unknown. The capital system will either share or blow out its mind. The recent outbreaks of plague in Rome hastened the collapse. Therefore, the global system based on capital expects waits to collapse rapidly if human beings fail to develop social empathy. It's either radical change or collapse. If modern human does not change his philosophy of life, he is a candidate for secondary crises; "either the new philosophy of life or depression", the decision is ours.

We forgot the truth of death, we worked into the world, as if we were never going to die, we never thought about what life meant, death was part of life and it was our choice whether or not to be afraid of it. Like the ostrich, we put our heads in the sand, so that the hunter does not catch us, but we cannot keep our heads in the sand. Then is it not necessary to think about, how much rations we will take for the after death? Can we say that everything has turned upside down, everything was illusion in reality, it is time to discover the factory

settings of our existence? If you can't find a solution, of course, you wander through the dark valleys of depression.

Is the nature taking revenge?

According to a mathematical modeling, if 'Bees' disappear in nature, life will end 50 years later, if will 'Human' disappear, the world will be much more beautiful after 50 years. Which entity lives in accordance with the genesis, so in accordance with the biological nature, may you give the answer.

We turned the order of nature upside down, we reduced the green, environmental pollution and global warming goes ahead, we played with the rules of the universe, greed, insatiability, capitalist morality, has become global morality. We have forgotten the poor, we met refugees with guns and coshes, as it is not enough we did exploit them, we did not make any sacrifice from our enjoyment, while the children died in wars, the corpses of them hit the beach. What do you think the upper minds they can not be peaceful behind the ivory towers? We are in the same ship, everything is going quickly to the unknown. Everything was a lie, let's put our head between our two hands.

“The Forgotten Ring” in Human Relations So, “Should values be rebuilt?”

Human Values in Global Policies

In a period when the importance of emotions in scientific relations is very prominent in human relations, recognition and management of emotions have gained priority in order to manage perceptions in global policies. The masses, as well as persons, need to face emotional traumas and manage the post-interpreting. This process is a situation, that requires effort and skill. The difference of policy makers in the world will now be determined by those who consider emotions. What does the anti-racist incidents in the USA teach? The importance of being able to stand against ethnic and economic discrimination lies in the answer to this question.

Values are the Set of Standards of Happiness

Values are common concepts accepted by society in general. In a sense, it is a set of standards of happiness. We can define standards, as universal lines. The important thing here is, that the values we adopt overlap with our biological interests. If a person has adopted a value contrary to himself, he experiences a conflict in himself. For this reason, to bring happiness to the values it accepts, one should try to adopt himself to the formula that can be summarized as 'biological interest + value = happiness'.

Virtues show themselves in inter-human relations but can also gain presence in any branch of music, painting, sculpturing, theatre and in arts like those. Values are concepts they need to be learned. Human earns the values they play an

active role in his happiness, later with the social learning method. He reaches happiness through the virtues he has learned in the social manner. Every value has dimensions as emotion, thought and behavior. Even if we correctly accept a concept, that expresses value to us, if we cannot feel its existence emotionally, we cannot put that value into practice. This shows that in order for a value to be acceptable, there must be load emotion on it. This feeling then becomes personality and initiates thought management. Because values are also a set of standards that govern the thinking. By creating the limits of our thoughts, we create a concept related to that thought in our minds. We can also call these concepts, which we accept as virtues, as “protective mental health values.” The word virtue is also used in the expression of positive values.

Aim Values

We can divide the values into “means and aim values”. Aim value, defines abstract goals in human life. The tool is the path that takes people to their destination in life. We can divide the aims and virtues into four groups, looking from different angles. The first group is in the axis of love and trust. So here is, loving people, being compassionate and enjoying doing good taking place. The second group of virtues determines social boundaries. Values of this class, include being honest and fair, equipped with respect and not giving place to lies in your life. In the third category, there are virtues, they determine the way of communication; Being tolerant, peaceful, sincere and understanding can be included in this group. In the fourth cluster, there are virtues in the internal discipline axis. Values such as sharing, humility, benevolence and reconciliation can be mentioned in this cluster. Even though all these virtues they have been cared about in different cultures and religions in different dimensions, there are two kinds of emotions, they form the basis of values in the human brain: To tend towards to the good and to be prone to the evil. The human being must achieve a balance between these two demands in order to continue his live correctly. Because the effect of protective mental health values on life depends on this balance.

If someone who talks about loving people, if he is putting this value on his personal interests, but not in the name of humanity, i.e. the intention of loving humanity, but in fact, blindly loving his own selfness, it is impossible to talk about the correct virtues in that person’s personality. One of the most important issues in the realization of values is, that virtues, which are means, should be as accurate as the purposes. What constitutes human desires in a matter is the purpose, and the tool is, which determines the qualification of the demand. We determine our requests in the line with our goals; however, we proceed without ignoring by which means our desires will come into form. For example, while it may seem right to let live a person something to suffer for his own goodness, the choice of suffering as a means of the goodness, is actually not the correct method.

Means Values

Virtues, which are the tools that provide the human and universal values to be adopted, have a motivating and encouraging feature. These are divided into several groups, just like the values that have become goals. Values to be counted in the first group; can be summarized as being regular and orderly, appreciating and praising, exhibiting affirmative and relaxing features, trying to do his job well, acting in discipline, being generous and brave, improving himself. The virtues in this group, stimulate positive emotions as more. In the second cluster, there are virtues that are accepting and softening. In the second group, we can count the values, such as being flexible and soft in the face of events, being kind to people and making correct comments, they reduce negative emotions.

As Voltaire was in a literary class, who is a famous French philosopher and writer lived in the 18th century, there entered a donkey into the classroom. While the students tried to push out the donkey from the classroom by spanking it, the lecturer asks as the benefit of this opportunity to everyone, to write a composition about the donkey. Voltaire only writes a verse from the Bible on paper and gets the highest grade in the class. The verse that Voltaire wrote on the paper is as follows: “He was among those who were from himself, but those ones from his own did not accept him.”

This critical sentence, which Voltaire wrote to prove his intelligence by finding the behavior of his friends wrong, is essentially an education of virtue. When discussing the necessity of virtuous behaviour in our age, the pollution, moral breakdown and corruption of values in societies, show that people ignore, both their own happiness and social peace. The most important factors that are not accounted for in individual and social happiness, are the values and cultural characteristics of society.

One day Plato sees his students gambling and gets angry with them. So his students said, “ teacher, we were playing a little something, why are you angry?” as they asked, Plato replies, “ I feel sorry for the time you spend, not the money you lose.”

There is an innate tendency to selfishness in a person. The selfish person is enslaved to the consumption spree, one of today’s biggest problems, as he rationalizes his personal interests and tries to make everything in his best interest. Societies they largely contain consumption, are made up of people who unite around their own interests. The thesis of Descartes; “People are the communities that are intent. Rationality is the only element, that determines their behavior; therefore, so there is no need for emotions. In the world, there is a pattern, that has not been determined before, and it has formed a spontaneous order”, build the idea that sanctifies rationalism. In this opinion, the only determinant of behavior is the mind. And the method is skepticism, a cartesian approach. The philosophical movement that Descartes initiated in the 1600s, changed many values.

Universal and Cultural Values

Values are divided into two, in universal and cultural. Culture-specific values are formed by mixing universal values in various doses. For example, one culture emphasizes love, while another emphasizes honesty and the other diligence. However, in all of these cultures, the social unity of the society is formed with bricks built from values. There is a dose difference between the anonymous values of each society and the cultural identity of the society is shaped accordingly to that. There is also a person's scale difference. The combination of these two, forms the cultural features of man.

Facts Determining the Values

In the spiritual structure and personal development of man - with the influence of the environment he grew up - the virtues he gained from childhood have a great influence. In a way, it also forms the silhouette of our personality, as good qualities affect the patterns of human thought and behavior. When we think like this, we believe that it is necessary for the person to predict his future in order to know his past. In addition, values are the most important factors, they ensure our happiness and constitute our cultural infrastructure.

The abstract inferences we make against life and events, constitute the data of values. The values that we perceive through our five senses and that we perceive through reason and intuition, forms the behaviors, by determining the way people think. Here the human learns the values from his close and distant environment, starting from his family. The environment we live in, helps shape and reinforce the values we acquire.

From this point of view, we see the importance of years of accumulation in life success. In fact, we observe that the information hanging on the walls in the kindergarten is valid in older ages also.

10 rules of the kindergarten	The Life School version
<i>Share your stuff with your friends.</i>	<i>Share the more than you need.</i>
<i>Play without harming others.</i>	<i>Be careful about equity and fairness.</i>
<i>Don't hit people.</i>	<i>Do not harm anyone.</i>
<i>Put it on its place what you have taken.</i>	<i>Do not betray entrust.</i>
<i>Do not take what does not belong to you.</i>	<i>Be honest and true.</i>
<i>Collect your own mess.</i>	<i>Get organized.</i>
<i>If you hurt someone, apologize.</i>	<i>Know to apologize if necessary.</i>
<i>Holding hands with your friend outside.</i>	<i>Remember, that solidarity is the rule and the fight is exception.</i>
<i>Be curious, examine everything.</i>	<i>Curiosity is the teacher of science.</i>
<i>Remember that even the fish in the aquarium will die.</i>	<i>Remember that life is not just earthly life.</i>

While we are hanging the 10 items above in our child's room, should we not hang the second 10 items in our room? So here you can find a summary of the social values, they make people to human in these articles (Tarhan, 2010).

Values Reduce the Fear felt to the Unknown

Virtues help people whilst in the subjects they know, as well as in things that they don't have an opinion on. Because one learns what he does not know by comparing it to what he knows. He is also afraid, what he does not know. The values they enable us to experience what we absorb in the best way; help us also to overcome the fear in us, as we approach the issues, we are foreigners to. Each culture uses some values it accepts, to eliminate anxiety about the unknown. In summary, preventive mental health in human relationships, is provided by values.

Value sets

1. *Set of love and trust: So here is to love people, be compassionate and enjoy doing good.*
2. *Set of social boundaries: The values of this class, include being honest and fair, respectful, and not giving place to lies in your life.*
3. *Cluster that determines the communication format; being tolerant, peaceful, sincere and understanding can be included in this group.*
4. *Internal disciplinary set: values such as virtues, sharing, humility, philanthropy and being in favor of reconciliation can be mentioned in this cluster.*
5. *Procedural awareness and orderfulness set: can be summarized as appreciation and praise, showing conduit and relaxing features, trying to do their job well, acting in accordance with discipline, being generous and courageous, to improve himself. The virtues in this group, stimulate highly more positive emotions.*
6. *Accepting and softening set of virtues: In this group, we can count the values, they reduce negative emotions, such as being flexible and soft in the face of events, being kind to people and making correct comments.*

The reliving of the human virtues, formed by the values and values we summarize above, is now a scientific category. Neuroscience studies, The Science of Happiness and Positive Psychology, the glorification of these values among humans, will make the world more livable.

Last word: Love, Value, Share...

The first step is that we will not lose hope, by taking lessons from these writings, to be able to make new truths, to improve a new philosophy of life, to give new answers to old questions, to respect traditions, not to be traditionalist, to respect science, but not to be dogmatic, to capture constantly the change, to build our new norms, to burn a candle of favor to make the world more livable.

To our environment:

*To build a new humanity with
a loveful look,
a sweet smile,
a few good words,
a warm greeting,
the slogan of “Love, Value, Share”.*

When will we do it if we don't do this nowadays? While keeping the social distance, we can zoom in on the spiritual distance, so we can love from a far as well. We can do quiet favors. It is not difficult at all, to think well about people and thinking about their good aspects.

Table 6. To Transform the Corona Crisis into Opportunity (But “We Won” Rhetoric or see the danger but focus on the opportunity)

<i>may our freedom is restricted</i>	<i>but</i>	<i>our resistance skills have increased</i>
<i>our pleasures have been suppressed</i>	<i>but</i>	<i>we have learned the skill of delaying satisfaction</i>
<i>we couldn't use some of our rights</i>	<i>but</i>	<i>we've noticed others</i>
<i>there was social distance</i>	<i>but</i>	<i>we have got family values with the attraction of being at home</i>
<i>our body's comfort has been disturbed</i>	<i>but</i>	<i>we thought to mean sensitive living</i>
<i>the crisis has forced us</i>	<i>but</i>	<i>we learned to manage economic risks</i>
<i>we couldn't use our social abilities</i>	<i>but</i>	<i>but we noticed disabled people</i>
<i>we stopped running fast and slowed down</i>	<i>but</i>	<i>we remembered human values</i>
<i>we felt the closeness of death</i>	<i>but</i>	<i>we are inclined to understand that death will not be changed</i>
<i>vaccination is not found</i>	<i>but</i>	<i>we have seen how important the science is</i>
<i>we understood that we will defeat the pandemic not with social isolation</i>	<i>but</i>	<i>with social cooperation</i>

Instead of changing the world, first we have to make good use of the environment, provided by the global epidemic, to be able to change ourselves, to be happy with the little things, to learn to be good people in a nutshell, to rebuild global morality, to have social cooperation, empathy, to think about someone else, to share, to compromise, to want the same for somebody else, what you want for yourself as well.

Life is passing fast, the important thing is not to pursue money, power, fame, interest, but to pursue meaning, to find inner peace and well-being by finding meanings that death cannot change, that is, to remember our humanity, to reconstruct our philosophy of life. The sign is enough for the enlightened.

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