



# PSI WELL NEWSLETTER

Erasmus+



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<https://haberler.boun.edu.tr/tr/haber/turkiyede-aileler-stres-sampiyonu>

## Stress families in Turkey

The first results of the EU project entitled Building Bridges: Promoting Social Inclusion and Wellbeing for Families of Children with Special Needs (PSI\_WELL) conducted in Turkey by Mine Göl Güven, a faculty member of the Faculty of Education at Boğaziçi University, and Nalan Babür, started to be shared with the public. The project started in 2016 in Turkey, Romania, Croatia, Lithuania, Spain and Portugal reached a total of 1,259 families. Most stressful of families with disabled children to participate in the survey of 195 parents came from Turkey. In all analyzes, it was seen that fathers were more stressful than mothers, mothers had more negative communication with their children than fathers, and mothers reported more social support than their fathers.



Compared to parents in the parents of the families in the other five countries, Turkey has taken the forefront in understanding many negatives. Parents work stress in Turkey, unable to find free time stress, the stress of living conditions and livelihood stress was one of the most living in the country (the other being Portugal).

When we look at parenting practices, our parents have a more difficult communication with their children. Sense of control in their communication with their children (to control the anger and resentment) was unable to provide, the feeling of loneliness is intense and their spouses / relatives who said they received little support from environmental groups was the parent group of parents in Turkey.

In order to turn this negative picture in favor of families, we can see what is planned in the rest of the project as important steps. First of all, it is planned to design guide programs, books and trainings that will enable families to become aware of the internal and external sources that allow them to cope with stress. Training of trainers to share this program with families is another pillar of the project. The development and accessibility of such resources for families is very important for creating and functioning support mechanisms. As important as the research and development projects, it seems that training, health and social policies to be provided on a large scale can be produced, rendered, and trained and trained to provide expert staff.

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*Building Bridges: Promoting  
Social Inclusion and Wellbeing  
for Families*

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