COMMUNICATION AND HAPPINESS

Strengthening Community Bonds

<center>**Happiness Through Communication: Strengthening Social Bonds**</center>

Target Audience

Within the scope of the Happy City Erzurum project, the aim is to reach all individuals in the city, primarily education, security, health, and religious affairs personnel.

Purpose of the Seminar

In this seminar, participants will discover the contributions of communication to individual happiness and social harmony through experiences, while also gaining knowledge of practical techniques for developing effective communication skills.

Seminar Content

1. Introduction: The Relationship Between Communication and Happiness

How does communication affect social happiness? The necessity of healthy communication for happiness: the importance of values such as commitment, trust, and understanding. Explanation of the connection between positive communication and individual and social peace.

2. Fundamental Elements of Effective Communication

Empathy: The importance of empathic listening and being open-minded to understand others. Clear and Concise Expression: The skill of expressing thoughts clearly and understandably. Active Listening: Focusing while listening and truly trying to understand the other party.

3. Communication Techniques That Increase Happiness

Positive Language Use: The impact of positive sentences and encouraging words. Kind Feedback: Points to consider when giving constructive criticism and feedback. Strong Body Language: How gestures and facial expressions are effective in positive communication. The Power of Greeting and Smiling: The positive impact created by greeting and smiling in social relationships.

4. Communication Barriers and Ways to Overcome Them

Misunderstandings and prejudices. The role of patience, courtesy, and a positive attitude in overcoming barriers in communication.

5. Communication Exercises and Interactive Workshop

An applied active listening exercise for participants. One-on-one or group empathy development activities. Fun simulations demonstrating the role of gestures, facial expressions, and body language. A greeting workshop aimed at experiencing the effect of smiling.

6. Developing Communication Strategies for a Happy City

Small but effective daily suggestions for spreading a positive communication culture in the city: greeting, smiling, appreciating one another. Providing participants with inspiring examples and practical ideas for promoting positive communication in social settings.

Seminar Outcomes

Participants will grasp the importance of communication and happiness for a happy city. They will learn how to feel happier and more peaceful in their daily lives by using communication skills. They will be encouraged to become voluntary role models for spreading positive communication in society.

Outputs

End-of-Seminar Survey: Administered to measure what participants learned and the values the seminar added to them. Communication Booklet or Brochure: A booklet containing a summary of the information acquired from the seminar and practical communication tips.

This seminar will contribute to spreading a culture of positive communication as an important first step of the Happy City Erzurum Project, aiming to increase social peace in Erzurum.

<center>**COMMUNICATION AND HAPPINESS**</center>

Introduction

This handbook examines how healthy communication strengthens the bonds between individuals and supports individual and social happiness. The ability to establish effective communication in daily life facilitates individuals' coping with stress, strengthens the sense of empathy, and contributes to increasing social peace (Goleman, 1995).

The Relationship Between Communication and Happiness

Communication is one of the most fundamental human needs and directly affects individuals' happiness levels. Particularly strong social relationships and social support networks increase individuals' capacity to cope with difficulties, thereby enhancing psychological resilience (Ryff, 1989). In the literature, the concepts of happiness, utility, well-being, life satisfaction, and welfare are generally used together, and in some cases interchangeably (Easterlin, 2003). Some sources state that happiness is equivalent to the concept of subjective well-being, but that the word happiness is more attention-catching (Helliwell et al., 2012). However, in academic terminology, subjective well-being is treated as a broader concept encompassing the components of life satisfaction (cognitive evaluation) and positive/negative affect (emotional evaluation) (Diener, 1984). In this framework, Diener (1984, 2009) examines happiness through the concept of subjective well-being and states that the subjective aspect of happiness carries greater weight.

<center>**CHAPTER 1: FUNDAMENTAL PRINCIPLES OF COMMUNICATION**</center>

Understanding certain principles is necessary for effective communication to be successfully established. These principles enable individuals to express themselves correctly, understand others, and build mutual trust.

1.1. Building Empathy

Empathy requires developing sensitivity to others' thoughts and feelings, which contributes to the formation of trust in communication processes (Goleman, 2006). Furthermore, empathy is the ability to understand the other person's emotions and approach them with those emotions. Empathic

communication not only strengthens relationships but also reinforces the bonds between individuals in society (Rogers, 1959).

According to Rogers, empathic understanding involves not merely knowing the feelings but also experiencing the other person's world as if one were that person, without judgment. This non-judgmental approach (unconditional positive regard) is of vital importance for maintaining communication during moments of conflict and establishing mutual trust. Neuroscientific studies also show that the brain's mirror neuron system is activated during the experience of empathy, supporting the distinction between cognitive and emotional empathy (Decety & Jackson, 2004).

1.2. Active Listening

Active listening is the process in which a person focuses all their attention on the person in front of them and provides feedback. This technique strengthens communication and enables people to be better understood (Brownell, 2016). Brownell defines six fundamental components of active listening: Hearing, Understanding, Remembering, Interpreting, Evaluating, and Responding (the HURIER model). Particularly appropriate verbal and non-verbal feedback (eye contact, nodding) gives the speaker the sense of being listened to, thereby increasing trust and allowing the speaker to convey their message more clearly. This feedback mechanism both reduces misunderstandings and increases perceived social support, raising interpersonal satisfaction (Weger et al., 2010).

1.3. Definition of Communication Skills

Communication skills include sensitivity to verbal and non-verbal messages, effective listening, and effective responding (McKay et al., 2009). From a managerial perspective, communication skills are defined as the ability to manage and work with people while interacting with them (Hargie, 2011, pp. 20-24). The bridge between these two perspectives is the manager's use of interpersonal skills to achieve organizational goals. Particularly, a manager's effective feedback and conflict management skills directly affect employee motivation and task performance. This central role of communication skills in leadership is evaluated as a competency that requires the manager not only to transmit information but also to share a vision and unite employees around a common purpose (Kotter, 1990).

CHAPTER 2: CONTRIBUTIONS OF COMMUNICATION TO INDIVIDUAL AND SOCIAL HAPPINESS

Research on the contributions of communication to individuals' happiness demonstrates that healthy relationships and strong communication skills are the cornerstones of individual well-being (Myers, 1999). In his findings, Myers states that the happiest people are not the wealthiest but those with the strongest and most supportive social relationships. Communication is the fundamental tool that provides this social support. Particularly, positive experiences shared with others (enthusiastic responding) or emotional support received during crises enhance personal well-being. Studies reveal that the effect of strong social bonds on a person's life satisfaction is greater than the effect of other factors such as economic status or health (Diener & Seligman, 2002).

2.1. Social Bonds and Happiness

Social bonds significantly increase individuals' happiness. Research shows that individuals with healthy social relationships are happier and are less affected by stress (Cacioppo & Patrick, 2008). Additionally, Baumeister and Leary (1995) stated that meaningful relationships established by individuals with their social environment increase life satisfaction and happiness levels.

2.2. The Link Between Positive Communication and Happiness

Positive communication is a communication style based on mutual respect, containing constructive feedback, and motivating individuals. This type of communication enables people to feel valued and contributes to social peace (Fredrickson, 2001). According to Fredrickson's Broaden-and-Build Theory, positive emotions (for example, interest or joy arising from positive communication) temporarily broaden individuals' thought and action repertoires. This broadening brings more creative problem-solving and more flexible thinking abilities. In the long term, these positive emotions and communication help individuals build lasting psychological resources such as social bonds. Thus, individuals can cope with difficulties more effectively (Fredrickson, 2003).

Conclusion

Achieving social happiness and individual peace is possible through an effective and healthy communication process. Empathy, active listening, and positive language use among individuals support happiness by increasing the quality of communication in society. Research shows that the

development of communication skills elevates individuals' happiness levels and contributes to social peace (Seligman, 2011).

"The path to happiness passes through healthy communication between people."
(Csikszentmihalyi, 1990)

CHAPTER 3: ISLAMIC HISTORY, ANATOLIAN WISDOM, AND ERZURUM'S SPIRITUAL HERITAGE: COMMUNICATION AND PEACE ON THE PATH TO A HAPPY CITY

Islamic history, Anatolian wisdom, and Erzurum's rich spiritual heritage are replete with values that advise individuals to contribute to social peace through communication. In Anatolia's ancient culture, healthy communication between people has been accepted as the cornerstone of individual happiness and social peace. Erzurum's spiritual leaders have taught values such as love, respect, and tolerance in communication, and have served as examples for the people in ensuring social peace.

Islamic scholars and prominent representatives of Anatolian wisdom have expressed that healthy communication contributes to individual and social happiness. These leaders have advised people to contribute to social peace by embracing empathic listening, mutual understanding, and a positive communication style. In particular, figures who lived in Erzurum, such as Ibrahim Hakki, Alvarli Efe, and Nene Hatun, played a unifying role among the people and turned Erzurum into a symbol of tolerance and solidarity.

The thoughts of these leaders serve as guiding references in the process of building Erzurum's Happy City identity. While Ibrahim Hakki of Erzurum emphasized that people should open their hearts to one another, Mevlana Jalaluddin Rumi expressed that love is the key to social happiness. Alvarli Efe advised people to be patient in all circumstances and to serve society with love. These teachings are seen as sources of inspiration in projects aimed at strengthening social bonds and increasing individuals' happiness in Erzurum's modern urban life.

The Happy City Erzurum Project aims to disseminate a culture of living together in peace through communication by transmitting these values to new generations. Erzurum's spiritual atmosphere connects people to one another with love and respect while building a social peace infused with empathy and courtesy. Thus, Erzurum's cultural and spiritual richness extending from past to present illuminates the future on the path to social peace.

Islamic Scholars and Representatives of Anatolian Wisdom

1. Imam al-Ghazali (1058–1111)

Imam al-Ghazali places moral maturity and sincere relationships established with people at the forefront among the fundamental elements that ensure a person's spiritual peace and felicity. According to Ghazali, the sincerity of intention in the attitudes displayed during one's journey toward perfection and in social relationships plays a critical role. Indeed, in his work Ihya Ulum al-Din, Ghazali emphasizes that communication (mu'ashara) between people should be shaped within a framework of honesty, courtesy, and mutual understanding. A person's effort to discipline the self, understand others, and be mindful of their words both ensures their inner peace and strengthens social harmony (Ghazali, 2011).

"Good character and kind words are the key to social peace." — Imam al-Ghazali

2. Mevlana Celaleddin Rumi (1207–1273)

Mevlana Celaleddin Rumi, one of the cornerstones of the Anatolian wisdom tradition, placed love and tolerance at the center of human relationships. In his works, primarily the Masnavi and Divan-i Kabir, he emphasizes the importance of individuals communicating through the 'language of the heart' rather than formal language. According to Mevlana, inner peace and true happiness are possible when a person approaches their surroundings with compassion and creates a communication ground free of prejudice. The view that love and tolerance are the most powerful tools for dissolving individual conflicts and ensuring social harmony forms the foundation of his teachings (Mevlana, 2013).

"No matter how much you know, what you say is only as much as the other person can understand." — Mevlana Celaleddin Rumi

"Through love, bitterness becomes sweet; through love, copper turns to gold." — Mevlana

3. Yunus Emre (1240–1321)

Yunus Emre, the iconic figure of Anatolian wisdom and the Sufi tradition, placed building hearts and loving the created for the sake of the Creator at the center of human relationships.

According to Yunus Emre, the most authentic bond between people is possible through a style based on humility, tolerance, and love. He emphasizes the power of words, arguing that a sweet tongue and a smiling face (husn-u tabiat) will end conflicts. In this context, tolerance is not merely a virtue that enables an individual to attain spiritual maturity but is also the mortar that establishes social peace and tranquility (Yunus Emre, 2014).

"If we share, we are nourished; if we divide, we perish." — Yunus Emre

"A word can halt a battle; a word can sever a head." — Yunus Emre

4. Haci Bektas Veli (1209–1271)

Haci Bektas Veli, one of the architects of the Anatolian enlightenment, linked the establishment of social peace and unity to the individual's moral competence. According to his teachings, detailed especially in his work Makalat, human love, justice, and tolerance are the cornerstones of a healthy social structure. With his maxim 'master your tongue,' Haci Bektas Veli draws attention to the moral dimension of communication; he advises individuals to use language that is non-hurtful, constructive, and heart-winning toward one another. According to him, genuine communication can only be established between hearts kneaded with humility and love, and this makes social peace permanent (Haci Bektas Veli, 2019).

"Even if you are offended, do not offend." — Haci Bektas Veli

"Master your hand, your tongue, and your desires." — Haci Bektas Veli

5. Ibn Arabi (1165–1240)

Muhyiddin Ibn al-Arabi, the pinnacle figure of Sufi thought, built his understanding of existence upon the principle of 'love' and 'unity' (Wahdat al-Wujud). According to Ibn al-Arabi, the realm of existence is a manifestation of Divine love. Therefore, human relationships should also be shaped on the foundation of this divine mercy and love. In his work Fusus al-Hikam, he states that the respect a person shows to other beings and people is actually a reflection of the respect shown to the Creator. In this context, the love that constitutes the essence of communication between individuals is not merely a personal emotion but an ontological necessity that nourishes social harmony and the culture of coexistence (Ibn al-Arabi, 2010).

"Love is a divine cord that binds people to one another." — Ibn Arabi

"Every person is a mirror of the other; how you look at them is how you see yourself." — Ibn Arabi

Key Insights from Islamic Scholars and Representatives of Anatolian Wisdom

Islamic scholars and representatives of Anatolian wisdom have emphasized that communication is the key to peace and happiness in human relationships. The common views they have set forth are as follows:

Love and Tolerance: Love has been regarded as the cornerstone of healthy communication and, together with tolerance, has been expressed as the fundamental element of social peace.

Empathy and Compassion: It has been emphasized that trying to understand others' feelings (empathy) will reduce interpersonal conflicts and increase social happiness.

Kind and Beautiful Words: The importance of people using kind and constructive words in their relationships has been stressed. With this understanding, it has been stated that individuals should express themselves well and should not hurt others.

Islamic scholars and representatives of Anatolian wisdom have stated that communication is an indispensable element on the path to social peace and individual happiness. Values such as love, tolerance, empathy, and courtesy not only ensure individuals' inner peace but also support society's peace and welfare. These values have strengthened the social fabric within traditions that have endured through the ages and have illuminated today's communication-based social happiness projects.

In Erzurum province, important figures who have lived throughout history have made significant contributions to both the cultural richness of the region and its understanding of social harmony. These leaders, particularly as representatives of Anatolian wisdom, played important roles in fostering a culture of communication imbued with peace, love, and tolerance within society. Here are some of the leaders who contributed to Erzurum's spiritual and cultural values, and their teachings on social harmony, communication, and happiness:

Erzurum's Spiritual and Cultural Leaders

1. Alvarli Efe (1869–1956)

Muhammad Lutfi Efendi of Alvar, one of the spiritual figures of Erzurum, is known as Alvarli Efe (Inal, 2003). Throughout his life, he provided spiritual guidance to the community and contributed to the spread of Islamic ethics in Anatolia. Alvarli Efe's teachings are built upon love, patience, and tolerance (Kutlu, 2013). He advised people to approach one another with love and emphasized the importance of tolerance for social peace. In his poetry, he recommended speaking gentle words to people and not breaking their hearts (Alvarli, 2018).

"Approach with love, do not hurt anyone; touching hearts and winning souls is the greatest path to bliss." — Alvarli Efe

2. Ibrahim Hakki of Erzurum (1703–1780)

Ibrahim Hakki of Erzurum is known as a great scholar, poet, mystic, and philosopher who lived in the 18th century (Cagrici, 2000). His work Marifetname is considered a reference book that addresses one's inner peace, social happiness, and relationships with others (Ibrahim Hakki, 2019). According to Ibrahim Hakki, the development of love and respect among people is necessary for establishing peace in society and increasing individual happiness. In his teachings, the importance of loving everything God has created and establishing good communication with people is emphasized (Altintas, 1997).

"Let us see what the Lord does; whatever He does, He does well." — Ibrahim Hakki of Erzurum

"To make a person obligated to serve another person is the greatest richness of the heart." — Ibrahim Hakki of Erzurum

3. Nene Hatun (1857–1955)

Nene Hatun, one of Erzurum's heroic women, is known not only for her patriotism and courage but also for the sincere devotion and warmth she showed to the people around her (Kocak, 2006). Her heroism at the Aziziye Bastion during the 1877–1878 Ottoman-Russian War, known as the '93 War, made her a symbol of love and courage among the people (Kucukugurlu, 2017). Nene Hatun's struggle strengthened unity and solidarity among the people of Erzurum and reminded the

community of the importance of love and solidarity. Nene Hatun is one of the leaders who strengthened the sense of unity among the people on Erzurum's path to becoming a Happy City (Karatas, 2016).

"The happiness of a people who live with love for their homeland endures forever."
— Nene Hatun

4. Abu Ishaq Kazeruni (982–1035)

Known as one of the spiritual leaders in Erzurum, Abu Ishaq Kazeruni has a tomb attributed to him near Erzurum Castle and is known as a Sufi who is respectfully remembered among the people (Beygu, 1936). Having guided people on the paths of both knowledge and wisdom in order to convey Islamic ethics to society, he held an important place in the hearts of the people. In Kazeruni's teachings, sincere communication, generosity, and mutual aid are of great importance for the community to live in peace and tranquility (Ongoren, 2002).

"Ensuring social peace through good character and love requires people to respect one another." — Abu Ishaq Kazeruni

5. Hoca Sadeddin Efendi (Tutor of Sultan Selim the Resolute)

Hoca Sadeddin Efendi, the son of Yavuz Sultan Selim's companion Hasan Can, was raised with an excellent education in the palace environment. Having served as the tutor of Murad III, Sadeddin Efendi is one of the most influential figures in Ottoman intellectual and bureaucratic history (Turan, 1998). Having given direction to historiography with his famous work Tacul-Tevarih, Sadeddin Efendi was also regarded as an important authority on state governance and social ethics as a Sheikh al-Islam. In his works and in the counsel he offered to statesmen, it was emphasized that rulers should be just and should value scholars, pointing to the foundations of social peace (Severcan, 1996). His legacy has served as a light encouraging individuals in Erzurum to make positive contributions to society through proper communication.

"He who knows himself knows his Lord; he who knows his Lord looks upon people with love." — Hoca Sadeddin Efendi

6. Ismail Fakirullah (1655–1734)

Having lived in Tillo, Siirt, Ismail Fakirullah did not personally reside in Erzurum, yet he left deep marks on Erzurum's spiritual climate through his most important student, Ibrahim Hakki of Erzurum (Altintas, 1995). As one of Anatolia's important spiritual leaders, Fakirullah based his

teachings on humility and the station of 'nothingness.' His education centered on love, tolerance, and divine affection was carried to society through the works of Ibrahim Hakki, and these values have been accepted as the foundation of spiritual peace (Cagrici, 2000).

"Knowledge illuminates people in the light of love and tolerance." — Ismail Fakirullah

CHAPTER 4: FROM THE PERSPECTIVE OF WORLD CLASSICS, FILMS, AND HISTORICAL FIGURES: COMMUNICATION ON THE PATH TO HAPPINESS AND PEACE

Ensuring the welfare of societies and the inner peace of individuals is a subject frequently addressed by literature, cinema, and science from history to the present. The themes of happiness, tolerance, and healthy communication have been explored in great works, emphasizing the importance of bonds between people across different cultures (Nussbaum, 1997). From Victor Hugo's classic novels to the peaceful communication approach of historical leaders such as Gandhi and Mandela (Galtung, 1996), world literature and popular science books offer important messages about the role of communication in the happiness of individuals and societies. This section examines the contributions of healthy communication to social peace and happiness in the light of classic works, films, and inspiring personalities that have become part of world culture (Helliwell et al., 2023), highlighting universal values that will contribute to Erzurum's 'Happy City' journey.

World Classics and Novels

1. Les Misérables — Victor Hugo (1862)

Victor Hugo's Les Misérables explores the themes of forgiveness, empathy, and social solidarity. The transformation undergone by the novel's protagonist, Jean Valjean, emphasizes that people should approach one another with tolerance and understanding. Valjean's life woven with goodness reveals the value of happiness and peace in human relationships.

"Goodness itself is the most powerful communication path that transforms people."
— Victor Hugo, Les Misérables

2. A Tale of Two Cities — Charles Dickens (1859)

Set during the French Revolution, this novel highlights individual sacrifice, love, and actions taken for the good of society. The sacrifice shown by the character Sydney Carton in the name of humanity demonstrates the value of empathy and communicating for the happiness of others.

"Self-sacrifice contributes to society's peace and people's happiness." — Charles Dickens, A Tale of Two Cities

3. White Fang — Jack London (1906)

In Jack London's novel White Fang, the story of how an animal is domesticated through love and tolerance is told. The novel reveals how mutual trust and peace develop when people establish healthy communication with all beings, including animals.

"Every heart touched by love opens the door to peace and harmony." — Jack London, White Fang

Films

1. Dead Poets Society (1989)

This film, starring Robin Williams, emphasizes the importance of individuals expressing themselves freely and approaching others with empathy. The teacher character in the film gives his students a lesson on happiness about life, showing that individual communication lies at the foundation of social peace.

"Express yourselves, because social happiness flourishes in a world where individuals speak freely." — Dead Poets Society

2. Amélie (2001)

In this French film, the protagonist Amélie's efforts to increase social happiness by touching the people around her through small acts of kindness are explored. The film demonstrates that simple yet meaningful communication established with people has a great impact on happiness.

"Kindness is a strong bond established through small gestures." — Amélie

3. Good Night, and Good Luck (2005)

This film focuses on journalist Edward R. Murrow's approach to honest and public-interest communication. The film conveys that social peace and people's living in tranquility can be achieved through access to accurate information and honest communication.

"Social peace is the product of honest information and reliable communication." —
Good Night, and Good Luck

Historical Figures

1. Mahatma Gandhi

Gandhi's life philosophy is built upon tolerance, peaceful communication, and a social structure based on love. Known for his principle of Ahimsa (non-violence), Gandhi argued that social peace would be achieved when people are respectful and understanding toward one another (Gandhi, 2009).

"Social peace is possible when everyone addresses the other with a non-violent and
loving approach." — Mahatma Gandhi

2. Nelson Mandela

Mandela, the voice of justice and peace during the Apartheid era, fought for freedom and social peace. Through peaceful communication, he united the people of South Africa and realized the dream of becoming a free society (Mandela, 1994).

"Communication and empathy unite societies and ensure peace." — Nelson
Mandela

3. Albert Einstein

Known not only as a scientist but also as an advocate for social peace and communication, Einstein emphasized that people should respect one another. In many of his speeches, he encouraged people to communicate with empathy and found the foundation of happiness in solid relationships (Einstein, 1954).

"Happiness is the product of the deep relationships we establish with people." —
Albert Einstein

Books

1. The Art of Happiness — Dalai Lama and Howard Cutler (1998)

In this work, the Dalai Lama explores how communication and happiness are intertwined. The book argues that establishing loving communication and empathy with one another increases individual peace.

"The path to happiness is paved with communication established from the heart."
— Dalai Lama, The Art of Happiness

2. Feeling Good — David D. Burns (1980)

David Burns investigates the impact of an individual's thoughts and communication style on happiness. Burns states that positive communication increases an individual's inner peace and provides social harmony.

"Our words shape the mood of society." — David D. Burns, Feeling Good

3. The Social Animal — David Brooks (2011)

Brooks' work investigates how human relationships form the foundation of happiness. The book emphasizes the importance of communication and social bonds for people to lead happy and healthy lives.

"A person is only happy when they build strong bonds with others." — David
Brooks, The Social Animal

CHAPTER 5: FROM THE PERSPECTIVE OF WORKERS AND STUDENTS IN ERZURUM: LIVING EXAMPLES OF HAPPINESS AND COMMUNICATION

In the needs analysis study conducted among education, health, security, and religious services employees and students in Erzurum, important findings were obtained regarding the city's situation in the areas of happiness and communication. This section presents just a few of the

happiness and communication examples obtained through qualitative interviews that directly reflect the lives of Erzurum's people. Employees and students sincerely expressed in these interviews the contribution of solidarity and positive communication achieved in daily life to individual happiness and social peace. These real examples, which contribute to the city's journey toward becoming a Happy City, demonstrate how strong social bonds in Erzurum reinforce the happiness that is experienced.

Positive Views from Education Workers

- "When we have the opportunity to give more individual attention to our students, seeing the development in their eyes makes us very happy. This close communication makes a great difference in education."

- "Our school administration organizes many activities to develop students' social skills. Thanks to this, we observe that children's self-confidence increases and their communication skills improve."

- "We established an open and sincere communication environment in the classroom. This strengthened our students' ability to express themselves and made them happier at school."

- "There is strong solidarity among our fellow teachers. By supporting each other every day, we are motivated to provide our students with the best education."

- "When we maintain regular communication with parents, we observe that students' success increases. Family support plays an important role in children's happiness and success."

- "Seeing that students receive not only academic but also emotional support in guidance activities makes us proud. This also positively affects the overall peace of the school."

Positive Views from Health Workers

- "Seeing our patients regain their health is a great source of happiness for our entire team. Their thanks and smiles are our greatest motivation."

- "The people of Erzurum show great respect to health workers. This warm approach also enhances our service quality and strengthens our communication."

- "We started providing psychological support services at our hospital, and we see that this service is very beneficial, especially for young people and the elderly. Support in mental health also increases general happiness."

- "We work in harmony with our colleagues in the emergency department. Thanks to this team spirit, we can provide faster and more effective service to our patients."

- "We observe that regular communication practices with patients increase the speed of recovery during the treatment process. This raises both patient satisfaction and the morale of health workers."

Positive Views from Security Workers

- "The people of Erzurum always support the security forces. This support motivates us further and enables us to perform our duties with great enthusiasm."

- "The patrol system we established in neighborhoods contributed to our citizens living in peace. When people feel safer, we feel that we have done our job in the best possible way."

- "The measures we took on roads especially during winter months helped reduce accidents. The fact that such measures contribute to our citizens' safety makes us very happy."

- "The security measures we implemented at public transportation stops increased people's inner peace. Especially students and the elderly feel safer."

- "The increase in security cameras reduced crime rates. Seeing the peace on our people's faces is our greatest source of happiness."

- "Thanks to awareness-raising activities conducted for disaster situations in Erzurum, an awareness has been created in society. When people feel safe, we feel that we have fulfilled our duty in the best way."

- "The security points we established in neighborhoods strengthened our communication with citizens. Being in close contact with the public is a fulfilling part of our duty."

Positive Views from Religious Affairs Personnel

- "There is strong public interest in the conversation and education programs organized in our mosques. The gathering of the community in such spiritual activities contributes to peace and happiness."

- "We have established a strong bond with our people. People consult us in coping with the stress of daily life, and we see that this bond is a source of peace in society."

- "The solidarity activities conducted with the congregation have strengthened social bonds in neighborhoods. This spirit of solidarity stands out as an element that increases social happiness."

Positive Views from Students

- "The increase in social activities at school enabled us to communicate better with our friends. These activities make school a more fun and happy place."

- "There is a strong bond of trust between us and our teachers. We can talk not only about lessons but about everything, and this makes us feel more peaceful."

- "Thanks to group projects, we spend more time with our friends. These activities strengthen our friendships and make us happy."

- "At our school, importance is given not only to our academic skills but also to our social skills. Being able to express ourselves comfortably makes us more peaceful and happy."

- "Our teachers care about us outside of class as well. This close attention makes us feel valued at school."

- "Having regular guidance services at school helps us cope with stress, and this makes us more peaceful."

- "Participating in social responsibility projects makes us feel that we create value in society. Thanks to such activities, we feel happier."

- "Working on projects together with our friends makes school life more meaningful and strengthens the communication between us."

- "In the classroom, everyone supports each other. This sense of solidarity makes us happier together."

- "In classes, we learn not only knowledge but also important values about life. These values help us understand ourselves and our surroundings."

- "Thanks to the psychological support services provided at school during exam periods, we experience less stress. This reflects positively on both our studies and our social lives."

- "Our communication with our teachers is very strong. We can talk to them comfortably and receive support on every subject. This also increases our attachment to school."

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