

Dr. Thseen Nazir

Assistant. Professor
Dept. of Counseling and Guidance
Ibn Haldun University
Istanbul, Turkey
Date of Birth: May 3rd, 1983
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Academic Credentials

Currently: - Assistant Professor from Oct 2018- Present

Doctorate: - Sept 2014 – Sept 2018

Ph.D. Counseling and Guidance
Dept. of Counseling and Guidance
Ankara University

Turkish Language Diploma (2013-2014)

Ankara University

Gandhi Fellowship (2008-2010)

Masters: - Psychology (2006-2008)

Dept. of Psychology
Aligarh Muslim University

Graduation: - Psychology (Hons.) (2002-2005)

Dept. of Psychology
Aligarh Muslim University

Higher Secondary School: - 12th Science Stream 2001-2002

JKBOSE, J&K

High school: - 2000

Jawahar Navodiya Vidyalay, Baramulla, J&K

Experience

Worked as Research Assistant on the project of IIT Delhi from 1st Feb to 30th May 2008.

The project aimed to understand “intergroup contact and identity” and to find out the prejudices developed after the September 11 attacks on WTC. Worked on this project as a research assistant and collected data from different community people, analyzed it, and wrote a report on it.

Kaivalya Education Foundation (2008-2010) Gandhi Fellowship (1st batch, 2008-2010), Rajasthan **Designed Monthly workshops:** -Been involved in the designing and execution of workshops for the Headmasters **Teaching:** - Teaching classes and tracking the performance of each student weekly.

Marketing and selection of headmasters: -Marketed the Principal Leadership building program to the headmasters and was involved in the selection of the right Headmasters to join the program.

Efficient with documentation and computers: - Continuously supported in the various tools document designing for the Gandhi fellows as well as for the Headmasters. Skilled with the use of computers, from the knowledge of work-related programs to the repairing of technical problems in the systems.

Worked at Degree College Sopore (Aug 2010- Aug 2013)

Worked in a United Nations Convention to Combat Desertification Conference, Ankara, Turkey, 2015.

Worked as a Data analyst with e-kalite, Ankara, Turkey, Dec 2015 to June 2016.

Worked as Human Resource Consultant at E-Kalite Business Intelligence Company, Middle East Technical University (ODTÜ) Orta Doğu Teknik Üniversitesi Techno Park.

Honors

- **Gold medalist in B.A (Hons.) Psychology.**
- **Young Researcher of the Year 2018 Award** by Turkish Psychological Counseling and Guidance Association, Presented at the 20th International Psychological Counseling and Guidance Congress, Samsun, Turkey, from 24 Oct to 26 Oct 2018.

Research Articles and Publications

Nazir, T. & Piskin, M. (2015). School Bullying: Effecting Childs Mental Health, *The International Journal of Indian Psychology*, Volume 2, Issue 4.

Nazir, T., Nesheen, F. (2015). Impact of school bullying on the psychological well-being of adolescents, *Indian Journal of Health & Wellbeing*, Volume - 6 (2015), Issue – 10, Page 1037-1040.

Nesheen, F., Alam, S. & Nazir, T. (2015). Emotional abuse: Wiping out mental health of adolescents, *Indian Journal of Health & Wellbeing*, Volume - 6 (2015), Issue – 11, Page 1138-1141.

Nazir, T. (2016). Indian Ancient Techniques and Psychotherapy: A Need of Time to Merge, *The International Journal of Indian Psychology*, Volume 3, Issue 4, <http://www.ijip.in>

Nazir, T. & Piskin, M. (2016). Phubbing: A Technological Invasion Which Connected the World but Disconnected Humans, *The International Journal of Indian Psychology*, Volume 3, Issue 4, <http://www.ijip.in>, Page 39-46.

Nazir, T. (2017). Attitude and emotional response among university students of Ankara towards Phubbing, *International Journal of Multidisciplinary Educational Research* VOLUME 6, Page 143-152.

Nazir, T. (2017). “Adaptation challenges of International students, who come to study in Turkey under Turkey Bursları scholarship International Social Science Congress Istanbul,” 3rd *International Students Social Sciences Congress Proceedings – i*, ilmi etüdler derneği, ISBN: 978-605-68401-4-2 (1. c), Page 523-526.

Nazir, T. (2018). Impact of bullying on academic performance of high school students. *International Journal of Multidisciplinary Educational Research*, volume 7, issue 4(3) Page 153-162.

Nazir, T. (2019). Prevalence of School Bullying in Higher Secondary School Students and Myths Related to Bullying Among Students. *Journal of Advances and Scholarly Researches in Allied Education*. 16(4), ISSN 2230-7540.

Nazir, T., & Bulut, S. (2019). Phubbing and What Could Be Its Determinants: A Dugout of Literature. *Psychology*, 10, 819-829. <https://doi.org/10.4236/psych.2019.106053>.

Nazir, T. (2019). International Student’s Challenges and Adjustment in Turkish Universities, A Case Study Based on Ankara. 4th *International Students Social Sciences Congress Proceedings – i*, ilmi etüdler derneği, ISBN: 978-605-7824-05-9 (1.c), 531-542.

Nazir, T., & Bulut, S. (2019). The Study of Adjustment Issues of University Students in Turkey under the Globalization of Education. *Journal of Family, Counseling, and Education*, 4(2), 41-51.

- Bulut, S., & Nazir, T. (2019). Phubbing Phenomenon: A Wild Fire, Which Invades Our Social Communication and Life. *Open Journal of Medical Psychology*, 9(1), 1-6.
- Nazir, T., & Bulut, S. (2019). Phubbing: a Phenomenon that is Mending Social Relationships. *Siberian Journal of Psychology*, 74, 101-109.
- Çollaku, M., & Nazir, T. (2019). Psycho-educational Group to Support the Transition of Foreign Students in Ankara, Turkey. *International Journal of English, Literature and Social Science*, 4, (4), 1018-1022.
- Bulut, S., U, Usman., & Nazir, T. (2020). Adolescent Smoking: The Causes, the Onset, the Prevalence, and the Associated Risk Factors. *Journal of Behavioral Science & Psychology*. 3 (2).
- Nazir, T. (2020). Impact of Classroom Phubbing on Teachers who face Phubbing during lectures. *Psychology Research on Education and Social Sciences*, 1(1), 41-47.
- Nazir, T., Bulut, S., & Thabassum, L., (2020). "The Guiding Force for Moral Behavior and the Role of Religion to Sustain it: A Comparative Study through a Psychological Lens," *Ortadoğu Etütleri*, 12(1), 140-153.
- Nazir, T. (2020). Adjustment Process during epidemics of COVID-19 and Mental Health. *International Journal of Creative Research Thoughts*, 8(7), 729-736.
- Nazir, T. (2020). Face-to-face communication, Non-verbal body language, and Phubbing: The intrusion in the process. *Russian Journal of Education and Psychology*, 11(2), 22-31.
- Bulut, S., & Nazir, T. (2020). Implications of Enuresis in Children and Their Families. *Open Journal of Depression*, 2020, 9, 31-42.
- Bulut, S., Usman, A.C. and Nazir, T. (2021). Stalking of Health-care Professionals by Their Clients: The Prevalence, Motivation, and Effect. *Open Journal of Medical Psychology*, 10, 27-35.
- Nazir, T., & Thabassum, L. (2021). The role of social systems in the conception and perpetuation of bullying culture in India. *International Journal of Current Approaches in Language, Education and Social Sciences (CALESS)*, 3 (1), 69-82.
- Bulut, S., Hajjiyousouf, I. I. & Nazir, T. (2021). Depression from a different perspective. *Open Journal of Depression*, 10(4), 168-180.
- Nazir T., & Thabassum L. (2021). Cyberbullying: Definition, Types, Effects, Related Factors and Precautions to Be Taken During COVID-19 Pandemic. *International Journal of Indian Psychology*, 9(4), 479-490.
- Bulut, S., Nazir, T., & Yıldız, N. G. (2021). PANEL DISCUSSION: Effective Bullying Intervention. *Evaluation Studies in Social Sciences*, 10, 44-50.
- Bulut, S., Nazir, T., & Ahmed, A. (2021). PANEL DISCUSSION: How to Conduct a Successful Research from Scratch to the End. *Evaluation Studies in Social Sciences*, 10, 51-55.
- Nazir, T., Özçiçek, A. (2022). The language barrier, language-related issues, and stress among international students in Turkish universities. *International Journal of Advanced Multidisciplinary Research and Studies*, 2(2), 213-218.
- Nazir, T., Öztürk, L. (2022). Development and Validation of the International student's Adjustment Scale in Turkey. *Journal of Humanities and Education Development*, 4(2), 20-26.
- Nazir, T. ve Özçiçek, A. (2022). Gaslighting: İki yüzlü bir duygusal istismarla yüzleşmek. *Anadolu Üniversitesi Eğitim Fakültesi Dergisi (AUJEF)*, 6(3), 241-250.
- Nazir T and Özçiçek A (2023). Understanding the impact of the COVID-19 pandemic on the career choices of individuals by using the career sailboat model. *Front. Educ.* 7:1036971. doi: 10.3389/educ.2022.1036971.

Nazir T and Özçiçek A (2023) Adjustment challenges and coping strategies of Arab female international university students. *Front. Psychol.* 14:1125368. doi: 10.3389/fpsyg.2023.1125368

Ousman, Y. I. & Nazir, T. (2023). Loneliness among University students is a growing concern. *Journal of Family Counseling and Education*, 8 (2), 85-99. DOI: 10.32568/jfcec.1312556

Book Publication and Book Chapters

Nazir, T. (2020) Okul Zorbalığı: *okulda bir korku*. Lambart Academic Publishing; ISBN numarasını 978-620-0-54932-7.

Nazir. T. (2021) Ümüt; 365-385; Pozitif Psikoloji; Nobel Publishers; Istanbul; ISBN numarasını 9786254063671. (Book chapter).

Nazir, T. (2022). International Students' Adjustment Challenges; Nobel Publishers; Istanbul; ISBN 978-625-417-985-3.

Nazir, T. (2023). Uluslararası Öğrenciler ve Uyum Süreçleri; Nobel Publishers; Istanbul; ISBN: 978-625-398-424-3; E-ISBN: 978-625-398-425-0.

Conferences, Seminars and Workshops

- **Workshop Training on Mental Health Issues** at Dev Sanskriti Vishwavidyalaya, Himachal Pradesh, India, from 23 Dec to 29 Dec 2006.
- **Counseling workshop and Training on Counseling Skills** at Department of Psychology, Aligarh Muslim University, Aligarh, India, from 2nd Feb to 7th Feb 2007
- Participated in the **First International Students Social Sciences Congress** held on 16th to 17th May 2015 at Hacettepe University, Ankara, Turkey.
- Participated in an **International training program** on “How to discover your passion and Talent and become successful in Life” held in Ankara, Turkey, on 8 May 2015.
- **Seven-day workshop on Life Skills Development through Counseling** Organized by Students Counseling Centre Aligarh Muslim University, Aligarh, India, from 11th Sep to 17th Sept 2017.
- Presented Paper Titled **Adaptation Challenges of International students who come to study in Turkey under Turkey Bursları scholarship** at the 3rd International Social Science Congress, Istanbul, Turkey, from 2nd Dec to 3rd Dec 2017.
- Presented Paper titled **To Study Bullying Profile among Higher Secondary Schools of Kashmir and its Relationship with the Socio-economic Status of Family** in 20th International Psychological Counseling and Guidance Congress, Samsun, Turkey, from 24 Oct to 26 Oct 2018.
- Presented a lecture on the **Current scenario of Counseling and Guidance in the Indian Sub-Continent** at the 20th International Psychological Counseling and Guidance Congress, Samsun, Turkey, from 24 Oct to 26 Oct 2018.

- Presented a Psycho-educational group paper **to support the transition of foreign students in Ankara, Turkey**, International Conference on Education, Psychology, and Society, Tirana, Albania from 26th Oct to 27th Oct 2018.
- Presented Paper titled **International student’s challenges and adjustment in Turkish universities, a case study based on Ankara** at the 4th International Social Science Congress, Nevsheir, Turkey, from 22nd Nov to 24th Nov 2018.
- Presented Paper titled **The Study of Adjustment Issues of University Students in Turkey under the Globalization of Education** in International Scientific Conference, Sumgayit State University, Sumgayit, Azerbaijan, from 4th Dec to 5th Dec 2018.
- Presented seminar titled **Phubbing and its intrusion in our daily lives** at Sumgayit State University, Sumgayit, Azerbaijan, from 3rd Dec 2018.
- Presented seminar titles **Higher Education and Scholarship Opportunities in Turkey** at the Department of Political Science, Aligarh Muslim University, Aligarh, India, on 6th Feb 2019.
- Presented Paper titled **Playing Outdoor and its Importance in the Child’s Life; A Psycho-Social Perspective** in VIII International Conference on Early Childhood Care and Education ECCE 2019, MGIMO University, Moscow, Russia, from 29 May to 1 June 2019.
- Presented Paper titled **“The study of emotional and attitudinal responses of teachers who face Phubbing during lectures”** in International V. TURKCESS Education and Social Sciences Congress Organized on June 27-29, 2019, Istanbul, Turkey.
- Presented a Paper titled **“International Students Perception of Discrimination and Exclusion in Istanbul, Turkey”** at the 3rd International Symposium of Education and Values, Organized at Istanbul Sabahattin University, Istanbul, Turkey, on 10-13 Oct 2019.
- Presented Paper titled **“Academic and personal challenges of international students: A case study in Istanbul** in 5th International Students Social Sciences Congress, Organized at Karadeniz Technical University, Trabzon, Turkey on 07-09 November 2019.
- Presented a Paper titled **“Study of the relationship between school bullying and academic self-concept among high school students”** at IX International Congress on Psychological Counseling and Guidance in Higher Education held at Marmara University, Istanbul, Turkey, on 15-17th November 2019.
- Presented Paper **“Emotional Abuse, Emotional Competence, and Self-Concept as correlates of Academic Achievement of Boys and Girls”** at the 3rd International Interdisciplinary Conference “Trauma and Nightmare” at Gdansk, Poland on 5-6th March 2020.
- Presented Paper titled **“Understanding the Impact of the COVID-19 Pandemic on the Career Course of individuals by Using Career Sailboat Model”** at the International Conference ASBIC 2022, held 6th Feb 2022, New Delhi, India.

- Presented a Paper titled **“To study the determinants of Adjustment challenges and coping strategies of international students in Turkey”** at the 7th International Congress on Innovative Scientific Approaches held on May 19-20, 2022, in Samsun, Turkey.
- Presented Paper titled **“Understanding the Dynamics of Student’s Satisfaction during Academic Life: A Case Study of Ibn Haldun University”** at the 7th International Congress on Innovative Scientific Approaches held on May 19-20, 2022, Samsun, Turkey.
- Presented Paper titled **“Bullying Behavior Relates to Social Support and Psychological Distress among Middle-School Students in Türkiye”** at The Second International Conference on Applied Medical Sciences (ICAMS-II) held on March 15-16, 2023, Al-Azhar University, Gaza Strip, Palestine.
- Presented Paper titled **“A study of the relationship between academic successes, financial stability, sociocultural” adjustment and overall adjustment of international students”** at International Conference ASBIC 2022, held March 24-25th, 2023, New Delhi, India.
- Presented Paper titled **“Prevalence of Bullying and Relationship with Psychological Distress and Perceived Social Support among Middle Schools Children”** at the 24th International Counseling and Guidance Conference 2023, held November 18-21, 2023, Ankara, Turkey.

Teaching Courses: - Masters and Graduation Program

Cognitive Behavioral Therapy, Introduction to Psychology, Psychological Testing, Psychology of Learning, Child Psychology, Developmental Psychology, Life Span Development and Adaptation Problems, Educational Technology, Project Development in Education, Teaching Principals and Methods, Techniques and Principals of Counseling Psychology, Community Services, Educational Anthropology, Guidance and Counseling Practicum, Individual Counseling Fieldwork, Culturally Sensitive Counseling Approaches, Psychological Counseling Skills.

Thesis Supervised

- Investigation of the effect of a spirituality-based psycho-education group study structured with metaphoric stories on the psychological well-being of high school students.
- Adolescent alcohol consumption and the role of family, peers, and school.
- Adjustment issues of international students in Turkey.
- The predictive effect of university students' positive childhood experiences and cognitive emotion regulation skills on psychological well-being.
- To study the relationship between adjustment challenges, mental health, and coping strategies of international students in Türkiye.

Projects

- University Scientific Research Project with Project number 1905: “Adjustment Issues of International Students in Turkey.”
- University Scientific Research Project with Project number 2102: “A study of the overall satisfaction level among Ibn Haldun University students and the dimensions responsible for choosing ibn Haldun University.”
- University Scientific Research Project with Project number 2217: “Study of the prevalence of bullying and its impact on their academic life among boys and girls in Başakşehir schools.”

Languages

Speak: Kashmir, Hindi, Urdu, Turkish, and English

Read: Kashmiri, Hindi, Urdu, Turkish, and English

Write: Urdu, Hindi, and English

References

1. Prof.Dr. Metin Pişkin

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Guidance, Ankara University
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2. Prof. Dr. Yüksel Özdem

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3. Prof.Dr. Shah Alam

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