



<b>T.C. İBN HALDUN ÜNİVERSİTESİ</b> <b>BİLİMSEL ARAŞTIRMA PROJESİ ÖNERİ FORMU</b>	<b>Sayfa No</b>  / 8
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Bu bölüm BAPK tarafından doldurulacaktır.

**Proje Numarası**    1    9    0    5

<b>1. Proje Başlığı</b>			
Adjustment Issues of International Students in Turkey			
<b>2. İstenen Proje Süresi (ay)</b>		<b>3. İstenen destek miktarı (TL)</b>	
<input checked="" type="checkbox"/> 12 AY	<input type="checkbox"/> 18 AY	<input type="checkbox"/> 24 AY	14.000
<b>4. Başvurmak İstedığınız Bilimsel Araştırma Projesini İşaretleyiniz.</b>			
<input checked="" type="checkbox"/> Bilimsel Destek Projesi			
<input type="checkbox"/> Tez Destek Projesi			
<b>5. Proje Yürütücüsü Bilgileri</b>			
<b>Unvanı, Adı Soyadı</b>	Dr. Öğr. Üyesi Thseen Nazir	<b>GSM no</b>	+905426830087
<b>Bölümü</b>	Eğitim Bilimleri Bölümü	<b>Tarih</b>	14.10.2019
<b>Kurum sicil no</b>		<b>İmza</b>	
<b>E-posta</b>	thseen.nazir@ihu.edu.tr		
<b>6. Proje Ekibi</b>			
<b>Unvanı, Adı Soyadı</b>	<b>Bölümü</b>	<b>E-mail</b>	<b>İmza</b>
<b>Araştırmacılar:</b>			
<b>Bursiyerler:</b>			
Suhail Ahmad Bhat	Psikoloji	suhailbhat@ibnhaldun.edu.tr	
Gulalek Annamuradova	İşletme	gulalek.annamuradova@ibnhaldun.edu.tr	
<b>8. Proje Bütçesi</b>		<b>İstenen (Doldurunuz)</b>	<b>Onaylanan (Boş Bırakınız)</b>
İHU BAPK Katkısı			
<b>Toplam Bütçe</b>		<b>14 .000</b>	

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**9. ÖZET ve ANAHTAR KELİMELER:** Özetle konunun tarihçesi ve literatürdeki yeri çok kısa belirtildikten sonra projenin özgün değeri ve beklenen sonucunun etkileri vurgulanmalıdır. Ayrıca nasıl yürütüleceği (deneysel tasarım/yaklaşım, yöntemler, ekip, aşamalar ve zaman) özetlenmelidir. Proje özetleri birer sayfayı geçmemelidir.

#### Özet

Globalization has brought changes in every aspect of human lives and education process had a huge impact on itself. Globally the movement of students tented from east to west where students prefer to travel and get enrolled in modern and advanced universities of west and tried to adapt the language, culture and their education system. Such trend had been seen in Turkey also in recent times and the universities in Turkey had seen a huge rise of enrolment of international students. The strength of International student's in higher education within the Turkey has increased considerably in the last few years with the help of different Scholarship Program. Every year, the number of foreign students come to get higher education in Turkey and they go through an adaptation process to new University life. Mostly, in early researches around the world revealed that international students face many challenges such as academic challenges, social isolation, and cultural adjustment. The academic challenges include student's communication with their Teachers, their communication with classmates and with other staff members in the universities, different grading system, difference in university norms and regulations, Multicultural classes etc. On another hand, they also face social isolation especially when they are engaged in different social activities. Culturally, they face the differences in the way of thinking and ideological clashes within the new country. In order to overcome these hurdles, challenges and barriers students have to adopt different resources that mainly are derived from the universities and outside universities. In this research work the international student's experiences will be studied in various settings such as in academics, Socio-cultural and personal settings. This research believes that if the faculties, students and other staff members of the universities had a better understanding of these student's academic challenges and needs then an effective support in campus and services can be provided to these students. Also, the universities need to be well prepared and aware of in order to meet students' needs not only academically but also socially and culturally. This research will suggest some preparations which are needed to be made by

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the universities and scholarship agencies such as International student's offices in universities so the process of adjustment for foreign students becomes easier.

The mixed method research design will be used as a study design. For the quantitative part the data will be collected through Demographic Information sheet and International Students Adjustment Scale. In Qualitative study, a focus group interview process will be used in order to get the in depth information and also qualitative case study method will be adopted in order to have in depth understanding of issues such as academic, socio-cultural and personal adaptation faced by international students studying in Turkey.

In light of the research the recommendations for the universities and all scholarship providing offices will be generated and how they can assist and help international students. The study will be unique of its kind as there are not much researches done in this field within Turkey and there is a very strong need of it. It will help researchers, policy makers and concerned authorities to understand issues related to international students in Turkey and how unique social and cultural environment of Turkey affects them. In addition, it will give insights of how Turkey and its academic life is being perceived around the globe and can suggest steps if need to improve it.

**Anahtar Kelimeler:-** *Globalization, International Students, challenges, adjustment issues.*

**10. AMAÇ:** Önerilen projenin amacı ve erişilmek istenen sonuç açık olarak yazılmalıdır.

The objective of the project is two way: first we want to understand the adjustment issues of international students so it can help academicians as well as administrative fraternity to improve the lacking points. Secondly, it will help to understand the desired expectations of the international students so that universities and concerned administration can take serious steps regarding it.

On another hand, it will also try to understand the outer view of students all across the globe regarding Turkey and Academic life in Turkey.

The results will give a clear understanding of issues in various spheres of life of international students in Turkey faces such as Academic, Social, Cultural and Personal life. It will help to comprehend these issues and how these issues can be dealt and worked out.

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The study will also give deep insight of the demographic differences, which will help us to understand what the key factors are whether internal or external which influence the adjustment process of International students.

**11. KONUSU ve KAPSAMI:** Önerilen projenin konusu ve kapsamı net olarak tanımlanmalı; amaç ile ilişkisi açıklanmalıdır.

The main objective if this research is to understand the challenges of adjustment, process and understand the individual diffrnce so in future we can make adjustment of the international students smooth.

The whole purpose of the study is to understand the issues of international students which they encounter during the process of adaptation in Turkish universities. The project will open the process of understanding international students needs and wayouts. Once these needs can be understood then only policy makers or administrators in the university can work on it.

The findings from the study will put light on issues which need to be delt and work on. Also it will suggest the key areas including the administrative people how they can be equiped with the knowledge of such issues may be which they are not aware of. For example as researches had shown that there are various psychological and personal issues which need to be understood by faculties and administration. So such kind of issues are the key objectives of this project.

**12. LİTERATÜR ÖZETİ:** Proje konusu ile ilgili alanda ulusal ve uluslararası literatür taranarak, **ham bir literatür listesi değil**, kısa bir literatür analizi verilmelidir. Bu analiz, önerilen araştırma konusunun literatürdeki önemini ve doldurulması gereken boşluğu ortaya koymalıdır.

International students face challenges as they pursue higher education outside of their home countries (Hull, 1978, Ozturgut, 2009). They face obstacles, such as different food, unfamiliar living circumstances, financial problems, balancing work, studying schedules, learning styles, or any difficulties related to language, culture, and personal barriers. A series of transitional difficulties can be from daily life to cultural adaption (Constantine et al 2009, Yoon, 2004). International students cannot escape the cultural shock and change the experience during their studies in the host country. Hence, these changes can be attributed to the acculturation process. These changes occur across physical, biological, cultural, social relationship, and psychological (behavior and mental health status) domains (Berry et al 1987).

As Turkey is not an exception, International students in Turkish universities had huge transitions in their life and culture background once they enter the borders of Turkey. There are number of

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studies, which tried to explore the adjustment issues that foreign students face in Turkey. These issues include very diverse aspects but more or less connected with the language and Turkish language seems to be the prime issue. For most international students, entering Turkish universities can be an over-whelming life and cultural transition. Many studies (Nazir,T. 2018) explored the challenges and hurdles experienced by international students attending institutions of higher education in the Turkey and these difficulties include, but are not limited to, language difficulties, difficulties adjusting to the academic culture, misunderstanding, and complications in communication with faculty and peers; stress, anxiety, feeling of isolation, social experiences, culture shock, lack of appropriate accommodation, isolation and loneliness, and daily adaption in their daily life.

International students face social isolation and loneliness in many aspects while studying in Turkey. A study conducted in Australia, had found that 41% of international students experience substantial levels of stress which could be from homesickness, cultural shock, or perceived discrimination (Russell et al., 2010).In another study conducted in Ankara, Turkey found that 94% of the students had problems in adjusting to living in the Turkey (Nazir.T., 2018). A study conducted for period of six years on utilization of counseling services by international students in a university at Texas found that when international students are having difficulties or psychological concerns they always lean on family and friends (Yi et al.2003). It is a harsh truth that most of the international students are not being warmly welcomed and do not find that empathetic support easily as they actually need in order to cope up from these adjustment issues.

Challenges occurs in different aspects especially in the academic settings and learning a new language and getting command it in academic settings is still one of the biggest hindrance for smooth adjustment for international students (Galloway, 2005).During the academic adjustment in new environment, the staff of the university also plays a key role. In another study, a staff members was studied and their experience with international students was examined and it was found that due to the students language proficiency the staff was not at all empathetic and they criticize the students for not being responsible academically (Probertson et al.,2000). Liu (2011) used her own experiences as an example to discuss her struggles as an international student in Canada. Liu expressed that her lack of English proficiency became a barrier for successful participation in host community. She could not understand what her instructors and classmates

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were talking about in her graduate-level classes. She even had difficulty solving everyday problems, such as taking the correct buses, grocery shopping, or asking for help. Besides the isolation from classmates, many international students also faced the challenges from professors.

In another study based of female African students graduate in western universities and the study found that the abilities to perform academic work by the students was questioned by the professors and they were criticized more than the native speakers were. The result of such behavior made international students feel that they had less support in academic learning and they feel this behavior by academician towards them is due to racism and stereotypes (Beoku-Bettors., 2004). On the another hand, another study found that those students which take part in activities in the university campuses are warmly welcomed by professors and share good relationship with native speaking friends and they successfully graduate on time (Severiens and Wolff.,2008).

The above literature tries to put light on how international students face challenges and stress during the acculturation process. In the past literature of such studies which are related to the adjustment issues of international students, it has been found that such issues often produces feeling of depression, anxiety and insecurity (Constantine.,2004, Wei., 2004). In the literature, there are lot of studies, which discuss the challenges, and coping strategies of international students but they are not enough and this area should be studied in more detail and also keeping culture in mind and culture related issues.

**13. ÖZGÜN DEĞER:** Araştırmanın dayandığı hipotez/ler açıkça ortaya konulmalı ve özgün değeri belirgin bir biçimde uygulanmalıdır. Önerilen yeni teknoloji, metot veya kuramın literatüre nasıl bir katkısı olacağı açıklanmalıdır.

International students face various adjustment challenges in different areas such as Academics, Socio-culture and Personal life. Globally the students mobility is east to west and Turkey started this venture recently and there are not much researches in Turkey regarding International Students Adjustment issues as much it had been studied in depth in other countries such as America, Canada, Australia and China. Due to the differences in every aspect of these countries we cannot directly replicate researches in Turkey, so there is a strong need to conduct researches in various areas of International students' adjustment issues. In order to make this new venture of Turkey successful there is a strong need to understanding and improvement in this area. A study in Ankara found that

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94% of the students had problems in adjusting to living in the Turkey (Nazir.T., 2018). In another study conducted in Ankara and it had been found that 87% foreign students had problems in adjusting with Turkish Language (Nazir.T., 2018).

So there are evidences that international students had issues while adjusting and there is a strong need to understand them and develop programs and work on such issues in order to smooth there process of adjustment and adaptation. It will not only help the students in adjustment but it will increase the quality and efficiency in their academic lives as well as save and direct resources in proper channels.

**14. YÖNTEM:** Araştırmanın tasarımı/yaklaşımları ile uyumlu olarak incelenmek üzere seçilen parametreler sıralanmalıdır. Amaç ve kapsamla uyumlu olması da gereken bu parametrelerin incelenmesi için uygulanacak yöntem ile kullanılacak materyal net bir biçimde tanımlanmalıdır. Yapılacak ölçümler (ya da derlenecek veriler), kurulacak ilişkiler ayrıntılı biçimde anlatılmalıdır.

The sample size of the study will be 300 international students who came to study in different Turkish universities in five major cities of Turkey. These cities include: Istanbul, Ankara, Konya, Antalya and Eskişehir. Among these 300 students, 150 will be male and 150 students will be female. The criteria for sample is only the students must be international students who come to turkey for their education. These students include people from different continents including Europe, Asia, and Africa. The involved students will be taken from different academic background and level which will include under graduate, Masters as well as Doctorate students.

<b>Gender</b>			<b>Number</b>
<b>UnderGraduate</b>	Male	50	100
	Female	50	
<b>Post Graduate</b>	Male	50	100
	Female	50	
<b>Doctrate</b>	Male	50	100
	Female	50	
<b>Total 300</b>			

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The study will focus on adjustment issues of international students so only international students will be involved in the study who came to Turkey for their studies.

Both Qualitative as well as quantitative method will be used in the study, and for quantitative method demographic information sheet and International students' adjustment scale will be used. In order to understand the relationship between adjustment with variables like age, gender, marital status, region, religion language etc. we will use statistical technique MANOVA.

For qualitative part, focus group interview as well as one to one interview will be conducted in order to get in-depth knowledge regarding the issues. For this part of the study, we will use Thematic Analysis in order to extract the main themes.

**15. ARAŞTIRMA OLANAKLARI:** Bu bölümde öneren bölümlerde var olup da projede kullanılacak olan altyapı/ekipman olanakları belirtilmelidir.

The project will use the following instruments to access the adjustment issues

1. Demographic information sheet and
2. International students' adjustment scale.

In demographic information sheet the students will give their demographic details such as their Age, Gender, Marital Status, Course enrolled in, University, Living in Dorm or Apartment, Country, family income, whether they are on scholarship, Religion, Ethnic Group and Number of years they had been Turkey.

The International students adjustment scale will cover wider questions which will be related to the Academic, Social, Cultural and Personal life in Turkey such as:-

- a). I am satisfied for being part of my University.
- b). I am satisfied for being part of my department.
- c). I am satisfied with my Grades.
- d). I am satisfied with my workload of courses.
- e). I am satisfied with the class lectures.
- f). I am satisfied with the exam evaluation system.
- g). I am satisfied with the Pronunciation of teachers.
- h). I feel academic Staff behave differently with students according to their origins.
- i). Because of language I am not able to take part in social activities.

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- j). I feel it's easy to access the information's regarding social activities in university.
- k). I am satisfied with the accommodation.
- l). I have Native (Turkish) friends.
- m). I often feel Homesick.
- n). I feel lonely most of the times.
- o). I feel in stress all the times.
- p). I often feel isolated.
- q). I am struggling with the weather here
- r). I face discrimination in this country because of my Race, Religion, Gender, Color, Language etc. or any one of them.
- s). I am having health issues in this country.

After assessment of adjustment issues of International students, the interview process will start in which researcher will try to explore each areas i.e. Academic, Socio-Cultural, and Personal in depth.

<b>Projede Kullanılacak Mevcut Makine – Teçhizat Listesi (*)</b>	
<b>Adı/Modeli</b>	<b>Projede Kullanım Amacı</b>
<b>Okul Bilgisayarı</b>	<b>Araştırma için gereklidir</b>
<b>Yazıcı</b>	<b>Anket için fotokopi ve çıktılar gereklidir</b>
<b>SPSS</b>	<b>Analiz için gereklidir</b>
<b>Voice recorder</b>	<b>Araştırma için gereklidir</b>

(\*)Bu bölümde sadece, öneren bölümlerde var olup projede kullanılacak olan makine-teçhizat belirtilmeli, proje bütçesinden talep edilenler yazılmamalıdır.

**16. YAYGIN ETKİ/KATMA DEĞER:** Projenin gerçekleştirilmesi sonucunda ulusal ekonomiye, toplumsal refaha ve bilimsel birikime yapılabilecek katkılar ve sağlanabilecek yararlar tartışılmalı ve elde edileceği umulan sonuçlardan kimlerin ne şekilde yararlanabileceği belirtilmelidir.

The findings will try to shed a light on various adjustment issues which international students face as they get enrolled in different universities in Turkey. In Ibn Haldun University, the size of international students is growing fast and they are not an exception and definitely this project will study their issues too and help to increase the quality life of international students and study there adjustment issues. It will help to strengthen the aim, vision and quality of education of the university. As the Presidency For Turks Abroad And Related Communities (Yurtdışı Türkler ve Akraba Topluluklar) are trying hard to bring more international students and want to raise the number





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Öneri Sahipleri Adı Soyadı	Katkı Oranı (%)	Görev alacağı aşamalar	Konuyla İlgili Araştırma Deneyimi ve Görev Aldığı Diğer Projeler (Varsa)
Thseen Nazir	100%	Tüm proje aşamaları	Türkiye'deki Mültecilerin Hayatında Eğitimin Rolü: Entegrasyon ve İyi Oluş Açısından Bir Araştırma

**20. BÜTÇE ve GEREKÇESİ:** Aşağıdaki Genel Bütçe tablosu ve BAPK'tan Talep edilen Bütçe Tablosu eksiksiz olarak doldurulmalıdır. Genel Bütçe Tablosu'nun BAPK'tan Talep Edilen Katkı kısmındaki toplamlarla BAPK'tan Talep edilen Bütçe Tablosundaki ana toplam aynı olmalıdır. BAPK'tan talep edilen desteğin her bir kalemi için ayrıntılı gerekçe verilmeli, istenen makine-teçhizatla ilgili teknik şartname ve proforma fatura ya da teklif mektubu, hizmet alımı ile ilgili proforma fatura ya da teklif mektubu eklenmelidir. Sarf malzemeleri için proforma faturaya gerek olmayıp sadece projede gerekliliğinin değerlendirilmesine imkân veren ayrıntıda ana kalemler bazında liste verilmelidir. Eğer varsa, öneren ve destekleyen diğer kuruluş katkıları ve kuruluş yetkililerinin niteliği ve miktarı açıkça belirtilmiş olan destek mektupları da eklenmelidir.

#### GENEL BÜTÇE TABLOSU (TL)

Katkı Kaynağı	Makine Teçhizat	Sarf Malzemesi	Hizmet Alımı	Proje Yürütücüsü	Araştırmacı	Bursiyer	Seyahat (Saha/Alan Araştırması)	TOPLAM
BAPK'tan Talep Edilen Katkı						8.700	5.300	14.000
Varsa Proje Ortağı Firmanın / Kurumun Katkısı								
<b>TOPLAM</b>								<b>14.000</b>

#### BAPK'TAN TALEP EDİLEN BÜTÇE TABLOSU

(Bu tabloda sadece BAPK'tan talep edilen desteklerin nitelikleri ve miktarları ayrıntılı ve gerekçeli olarak belirtilmelidir. Lütfen ilgili açıklamalara dikkat ediniz. Tablodaki satırlar ihtiyaç duyuldukça çoğaltılabilir ve yazım alanları genişletilebilir.)

Alınması Önerilen Makine – Teçhizat		
Adı / Modeli	Kullanım Gerekçesi	Bedeli (TL)

(KDV dahil bedeli yazılmalıdır.)

Alınması Önerilen Sarf Malzemesi		
Adı	Kullanım Gerekçesi	Bedeli (TL)

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(KDV dahil bedeli yazılmalıdır.)

Hizmet Alımı		
Mahiyeti	Gereçesi	Bedeli (TL)

(KDV dahil bedeli yazılmalıdır.)

Seyahat Giderleri			
	Kişi Adedi	Gereççe	Toplam (TL)
<b>Yurt içi seyahat giderleri (Saha/Alan Araştırması)</b>			5.300
Antalya	1	Antalyada 50 öğrenciyle mülakat için seyahat yapılacaktır: -2 gece ( gecelik 200 TL) 3 gün ( günlük 100 TL) kalınacaktır. Ayrıca, uçak/otobüs bileti -Şehir içi ulaşım giderleri bu bütçeden alınacaktır. İstanbulda yapılacak mülakatın: -Şehir içi ulaşımın giderleri -Günlük iaaş giderleri karşılanacaktır.	1.200 TL
İstanbul	1	İstanbulda yapılacak mülakatın (100 öğrenci): -Şehir içi ulaşımın giderleri -Günlük iaaş giderleri karşılanacaktır.	600 TL
Konya	1	Konyada 50 öğrenciyle mülakat için seyahat yapılacaktır: - 2 gece ( gecelik 200 TL) 3 gün ( günlük 100 TL) kalınacaktır. Ayrıca, uçak/otobüs bileti -Şehir içi ulaşım giderleri bu bütçeden alınacaktır.	1.200 TL
Ankara	1	Antalyada 50 öğrenciyle mülakat için seyahat yapılacaktır: - 2 gece ( gecelik 200 TL) 3 gün ( günlük 100 TL) kalınacaktır. Ayrıca, uçak/otobüs bileti -Şehir içi ulaşım giderleri bu bütçeden alınacaktır.	1.200 TL
Eskişehir	1	Eskişehirde 50 öğrenciyle mülakat için seyahat yapılacaktır: -2 gece ( gecelik 200 TL) 3 gün ( günlük 100 TL) kalınacaktır. Ayrıca, tren/otobüs bileti -Şehir içi ulaşım giderleri bu bütçeden alınacaktır.	1.100 tl
<b>Yurt dışı seyahat giderleri (Saha / Alan Araştırması)</b>	<b>Kişi Adedi</b>	<b>Gereççe</b>	<b>Toplam (TL)</b>
<b>TOPLAM</b>			

Proje Yöneticisi/Araştırmacı/Bursiyer Giderleri				
Ad Soyad	Görevi	Çalıştırılacak Süre (Aylık)	Aylık Tutar	Toplam (TL)

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Thseen Nazir	Proje Yöneticisi	12		
Suhail Ahmad Bhat	Bursiyer	5	780	3.900
Gulalek Annamuradova	Bursiyer	6	800	4.800
Toplam				8.700