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Towards a More Sustainable Existential Paradigm of De-growth and De-development to Be Established in Our Modern World*

*Modern Dünyada Daba Sürdürülebilir ve Daba Minimalist Bir Büyüme ve Kalkınmayı Öngören
Varoluşsal Bir Paradigmaya Doğru*

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Abstract

In the past couple of centuries, the individual and social ontologies have become negatively affected on a multi-dimensional scale by the anti-environmentalist, anti-ecologist, anti-humanistic paradigms of the Industrial Revolution, giving way to a problematic as well as counterproductive zeitgeist or conjuncture, redundant productionism, metropolitan expansionism and over—consumerism characterized by ontological disintegrations, existentialist crises exacerbated by ecological, mayhems and environmental catastrophes as well as degraded ecosystems experienced on a gradual basis. The focus of our study, therefore, has been to investigate the multi-dimensional and multi-layered effects of over-industrialization processes on the natural environment and the factors that have led to the construction of cities in a manner that is contrary to all kinds of civilizational development, ignoring the ontological well-being paradigms of humanity, and to evaluate the hitherto ignored multi-faceted effects and consequences of such over-industrial and over-developmental paradigms and conjunctures in all areas of social, individual, public and educational life, inspired by conceptual and mixed methodologies. Based on the aforementioned particularities of the global conjuncture, our study, which was inspired by mixed methodological postulates and quantitatively adopted research approaches, was conducted in an attempt to highlight the aforementioned negative impacts of industrial civilization and bring up a reinforced and a reiterated critical discourse-analysis of the problematic paradigms of this kind of lifestyle, in order to make a contribution to cultivating a collective awareness for a holistic well-being to be established on the part of humanity in each and every nook of the modern world, chief among them the educational institutions.

Keywords: *Metropolitan Cities, Industrial Civilization, Environmental Problems, Ontological Disintegration.*

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Öz

Geçtiğimiz birkaç yüzyıl içinde bireysel ve toplumsal ontolojiler, Sanayi Devrimi'nin çevre, ekoloji ve hümanizm karşıtı paradigmlarından çok boyutlu bir ölçekte olumsuz etkilenmiştir. Çeşitli sorunlar doğurmanın da yanı sıra verimsiz bir 'zeitgeist' - zamanın ruhunu - doğurarak problematik bir konjunktüre, gereksiz üretimciliğe, metropol yayılmacılığına ve ontolojik parçalanmalar da dahil olmak üzere, ekolojik kargaşalar ve çevresel felaketler tarafından şiddetlendirilen varoluşsal krizler ve kademeli olarak deneyimlenen bozulmuş ekosistemlerle karakterize aşırı tüketimciliğe yol açmıştır. Bu nedenle çalışmamızın odak noktası; aşırı sanayileşme süreçlerinin doğal çevre üzerindeki çok boyutlu ve çok katmanlı etkileri ve kentlerin, insanın ontolojik iyi-oluş paradigmlarının gözardı edilerek, her türden medeniyetsel gelişmeye aykırı bir biçimde inşa edilmesine yol açan faktörler ve bu tür aşırı endüstriyel ve aşırı kalkınmacı paradigmların ve konjunktürlerin yol açtığı sosyal, bireysel, kamusal ve eğitimsel yaşamların her alanında şimdiye değin göz ardı edilen çok yönlü etkileri ve sonuçlarının araştırılarak kavramsal ve karma metodolojilerden esinlenerek değerlendirilmesi olmuştur. Yukarıda da belirtilen küresel konjunktürün özelliklerine dayanarak, karma metodolojik varsayımlardan ve nitel olarak benimsenen araştırma yaklaşımlarından ilham alan çalışmamız, endüstriyel medeniyetin yukarıda belirtilen olumsuz etkilerini vurgulamak ve bu tür yaşam tarzının sorunlu paradigmlarının güçlendirilmiş ve tekrarlanan bir eleştirel söylem-analizini ortaya koymak, böylece modern dünyada; insanın bütün yaşamsal ekosistemleri içerisinde, özellikle eğitim kurumlarında, insanlığın bütünsel bir refaha kavuşması için kolektif bir farkındalığın ortaya konularak yaydırılmasına katkıda bulunmak amacıyla yürütülmüştür.

Anahtar Kelimeler: *Metropol Şehirler, Endüstriyel Medeniyet, Çevre Sorunları, Ontolojik Parçalanma*

Introduction

The past couple of centuries have been characterized by the unreasonable growth and sophistication of the cities, the mechanistic state apparatus based on neoliberal economic postulates.

This kind of state ontology, as the time passed, has become endemic on a global scale, thereby leading to an unbridled developmental inclination of mankind, which has turned out to become problematic on earth and which was marked with the industrial revolution in the 19th century and which climaxed by the hyper developmental processes defined by the constructions of metropolitan areas in our modern era, leading to the degradation and destabilization of the various ecosystems in the natural environment.

The focus of concern in our study has therefore been the multidimensional influences of hyper industrialization processes on the natural environment and the factors which gave rise to the counterintuitive construction of cities and the multifaceted impacts and implications of this kind of hyper industrial and hyper developmental, paradigms and conjunctures being unleashed in every sphere of the social, individual, public and educational lives which have gradually undermined the more sustainable and beneficial developmental agencies and potentialities to be unleashed and flourished in any civilizational well-being, in a vice-versa conjuncture on the part of human beings, and which is increasingly causing undesirable and catastrophic mayhems in the environment, disentangling the very fabric and structure of the natural ontologies which make us human beings.

In another words, the conventional natural ecosystems, pastoral environments which were deemed conducive to the construction of more sustainable ways of life and civilizational developments, intellectual breakthroughs have unfortunately been replaced with such wicked problems as unsustainable, chaotic complex or disorderable ontologies, which have brought about a number of different kinds of social influxes, ethical issues and economical inequalities and injustices, physiological as well as mental disorders, the implications of which have been seen in every sphere and stage of individual social, as well as educational lives of human beings.

The degradation of ecological systems, the collapse of various educational systems, the deterioration of resources are important cases in point, which may pave the way for instability, unpredictability as well as social disintegration on a global scale (Li and Lin, 2015).

For the past couple of centuries, humanity has suffered from a lack of intellectual and artistic well-being, a reduction in intellectual abilities so psychopathological epistemologies brought about in problematic in interpersonal dialectics.

In the pre-industrial epoches, in which there could be mentioned a planning of the settlements, a social or communal cohesion and integrity, not withstanding, primitive, a sense of community, and awareness related with filial duty and responsibility, idealism defined by anecdotal self realization bore their marks on the state of affairs in social as well as individual ontologies. However, a gradual

diminution in the above mentioned values occurred; a multitude of different kinds of deeply rooted and quintessential constructs necessary for human variation have gradually vanished away (Hagen, 2016).

Industrial revolution, and its legacies, chief among them industrial and metropolitan areas, have become characterized by their complexities, unsustainabilities, disorders and disasters as well as a wide array of negative conditions, not mention ontological disintegrations, so on and so forth; humanity for more than half a century has begun to suffer from the devastating effects of the negative conditions specified and mentioned above. Therefore, we conducted this research in an attempt to cultivate an awareness for reversing the aforementioned downsides of such problematic existential modes of living, which have characterized the 21st century by proposing nature-friendly environments for much more sustainable living conditions.

Method

This study was conducted by the aids of various means and modes of mixed methodologies, which can be considered to be a brand new approach in conducting scientific research. Mixed methodology which has increasingly become popular in research adopted by scientific community have been further developed by a wide array of researchers the world over in recent years. Therefore, while conducting our research we have also adopted this kind of mixed methodology (Ivankova and Creswell, 2009)

However, an exception to the above manifestation is that our study did not include any postulates of quantitative, statistical or experimental methodologies; but rather, it can be considered to have been based on a methodology interrelated and intermixed with conceptualizations, observations, phenomenological and qualitative approaches as well as documentary scanning of various knowledge repertoire both on the digital space and in conventional libraries to be criticized and evaluated within the context of the topics discussed in the study.

The study conducted by us is based on two or three different kinds of methodologies, namely, phenomenological methodology, conceptual methodology as well as documentary scanning evaluated in a standardized way within the framework of qualitative methodologies rather than quantitative ones, which can be defined as mixed methodology within the context of the writings characterized by academic research; the conceptualizations and postulates put forth in the study are cogently in congruence with both the statement of the problem in our study and with a standardized, scientific means and modes of the studies in literature.

A Comprehensive Evaluation of the Urbanization Process and Urban Life

When examining the historical development process, it is observed that cities, from their inception until the Industrial Revolution, generally remained as a minority experience and underwent a very limited transformation both in terms of function and structure. The onset of the

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industrialization process led to the rapid growth of cities and the emergence of the phenomenon of urbanization in the modern sense (Yilmaz, 2010).

An industrial city is characterized by its massive size composed of a disconnected population, uncontrolled and unrestrained expansion, unfavorable living conditions, and the resulting chaos (Yucel, 2020). The advent of the industrial revolution and the new job opportunities and labor demand created by mass production initiated a significant migration from rural to urban areas (Niray, 2002). These migrations to industrial cities were not limited to rural areas; there was also a wave of migration from small towns to larger industrial cities. As a natural consequence of this migration, cities experienced excessive and sudden growth, leading to the emergence of metropolises (Akkol, 2019). This situation has resulted in damage to both the infrastructure of unprepared cities, the people migrating to these cities, and the natural environment.

It is possible to say that the destruction, disorder and natural destruction that occurred in cities between 1820 and 1900 were almost unique with those experienced during the war period. Industrialization, the development that can be considered as the locomotive of the 19th century, created an urban environment that has never been seen before in history. It has turned cities into coal cities (Mumford, 2007), a place where factory noises are heard at all hours of the day and black smoke rises above them. During this period, cities built on the leftovers of factories, stations and garbage heaps were soulless and concreted areas. At the same time, new buildings were constantly built in cities, and the areas covered by the buildings gradually expanded. In this process, there is no system that coordinates people migrating to cities. These people were not settled in one place within the framework of a plan or program. This paved the way for people to settle wherever they find suitable. This lack of planning has resulted in the occupation of productive areas by humans. This period can be described as a period of urban improvisation (Mumford, 2007). The extraction and processing of minerals that meet energy needs and the development of the railway network gave significant impetus to this period. Iron rails, which drag factories along their routes, have caused irreparable damage to nature. There was no afforestation in the areas where the cut forests were located and these areas remained bare. The damage caused to the soil was not repaired and the habitats of the animals were destroyed. Leaving such debris behind, the railways carried both noise and black smoke to the cities as they progressed. This situation has harmed nature and human health. Not only factories followed the railway network. Settlements were also concentrated along these routes, almost forming heaps. Therefore, urban planning was drawn by the railway network (Mumford, 2007). The consequences of this disorder not only affected that day, but also became the conditions that created today's world.

The developments following the Industrial Revolution have transformed and reshaped the cities into a new forms. When the intense period of urbanization is expressed in an understandable way, it will be seen that urbanization actually "develops" by destroying both the city and rural areas. In the process of urbanization, agricultural and natural areas have suffered, and rural areas have been virtually engulfed by a metropolitan existence, devoured by societal cannibalism (Bookchin, 2014).

The urban environment that emerges as a result of the urbanization process is a synthetic area, not a natural one. Even basic needs products are not grown, they are purchased. Consumption culture, not production culture, dominates. Settlement areas, especially in some places, are so dense that people are almost living in a crowded situation. In these cities, where even private living spaces have become public, people try to survive in buildings stacked on top of each other. This artificial environment, which is a result of vertical architecture, increasingly distances people from natural life. The serious situation here is that rural life is increasingly starting to resemble the city and losing its most precious natural beauties. The lifestyle we call urban "civilization" is not the distinctive main element of a city, but an irregular by-product (Bookchin, 2014).

The main factors affecting the urban structure in the period after the industrial revolution were transportation and communication systems based on technological developments and changes in production systems and tools (Turkmen and Tekkanat, 2018). These changes have turned cities into areas where globalized information and communication technologies are developed. Cities, which used to have a national influence, have begun to gain a global dimension by transcending national borders with the influence of developments over time (Kaypak, 2013). In the globalizing world, cities that provide centers that provide international goods and capital flows and also coordinate them have begun to gain importance. In this process, cities began to be known not for their industry but for the services, communication and communication opportunities they offered (Yilmaz and Ciftci, 2011). As a result of the rapid spread of the internet network and the global economic system, countries and cities rather than countries have become interdependent, and as a result, a multidimensional network of relations has begun to develop. It can be said that Marshall McLuhan's prediction, expressed in 1962, that the world would turn into a global village, has been fully realized in today's global world, especially in this period when technological developments are effective. This new world order, where a single language and a single lifestyle began to dominate, has eliminated the concept of space and has become a place where many things occur simultaneously. The historical process started with a city that symbolically expressed a world and created a world that transformed into a city under the influence of many different reasons (Mumford, 2007).

Urban areas that emerge as a result of all these statements cause serious harm to both the human architect, other living creatures and nature. All these effects and the consequences of the urbanization process and urban life are discussed as a whole in this study and summarized as follows:

Shanty town construction: Intense migration from rural areas to urban areas has led to the inability of the existing housing stock in the city to meet the needs of the growing population, turning the housing need into a problem. The emerging housing problem has been rapidly becoming complicated, and, to the extent possible, and has been attempted to be solved by people migrating to the city with the least possible cost. This situation has resulted in the emergence of structures called slums in cities. Slum is defined as a type of substandard housing rapidly built without permission on titled lands owned by the state or someone else, as a result of rapid and unplanned urbanization (Ozturk and Altuntepe, 2008). The United Nations Human Settlements Programme (UN-HABITAT) has identified five conditions that a dwelling must meet to not be considered a slum:

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1. Providing protection against harsh climatic conditions, being permanent and durable,
2. Having sufficient living space, i.e., shared by a maximum of three people in the same room,
3. Accessing clean water at an affordable cost and in sufficient quantity without excessive effort,
4. Having access to a toilet with adequate sanitation shared by a reasonable number of people,
5. Allowing residents to live safely without the fear of forced eviction (UN-HABITAT, 2006/7).

Considering these standards set by the United Nations, it can be stated that many buildings in today's cities can be defined as slums. These structures, built by people who left rural areas and came to cities for the prosperity promised by cities, are mostly seen in developing countries (Can and Cicek, 2012). Slums, where low-income and crowded families live, are located in areas of cities with inadequate education, health and physical facilities (Karaca, 2019). It is known that these houses, built without a license and in violation of health and housing rules (Cakir, 2011), cause many problems in terms of both the environment and human health. Some of these illegal structures, some of which are built on fertile agricultural areas and some of which are built by destroying forest areas, are located in areas of cities prone to floods, landslides, hurricanes and earthquakes (UN-HABITAT, 2006/7). This situation reveals that loss of both life and property may occur as a result of any natural disaster. The construction of slums has also led to the deterioration of the aesthetic structure of cities and the emergence of environmental problems such as visual pollution (Akyuz, 2016). These residential areas in cities lack basic municipal services such as clean water, sanitation, waste collection, storm drainage, street lighting, asphalt roads and sidewalks, and emergency access roads (Agrawal, 2014). These residential areas, which do not have sufficient infrastructure, were built around factories in order to be close to the workforce, and over time, this caused industrial enterprises to remain in the city. Residents of these slums built near factories and busy roads have become vulnerable to a high risk of respiratory diseases due to intense pollution (Ramin, 2009). Lack of access to clean water and hygienic toilets in the majority of slum areas has caused the emergence of infectious diseases and people are at risk of death. In addition, environmental sanitation challenges such as management of solid and liquid waste in slum areas, fecal management, and food hygiene and safety also cause health problems for people living there (Ssemugabo et al., 2020).

Unplanned urbanization: Unplanned urbanization, encompassing the issue of shanty town construction, represents one of the consequences of intense migration to cities. Unplanned urbanization refers to structures built without a plan, project, or building permit; those constructed in violation of the plan, whether partially or entirely; lacking occupancy permits; devoid of parks, gardens, and private green spaces; not maintaining sufficient distance to adjacent buildings, streets, and sidewalks; with streets and sidewalks falling below minimum width standards; lacking infrastructure, drinking and utility water networks, and a grid system for the disposal of waste and rainwater; featuring neglected external structures; failing to meet minimum construction standards per hectare; and comprising interconnected, densely populated, irregularly arranged buildings with dead-end streets (Kayan, 2012). The absence of urbanization policies and population planning, physical reasons such as shanty town construction and uncontrolled sudden urban growth, as well as

societal factors like the unchanged family structure, social relationships, and economic activities specific to cities, contribute to the problem of unsuccessful urbanization. Therefore, the failure to adapt rural economic activities and societal structures to urban life is also considered among the causes of unplanned urbanization (Kayan, 2012).

Also referred to as distorted structuring, unplanned urbanization leads to the emergence of numerous negative consequences. The ongoing influx of migration to cities exacerbates this unhealthy construction problem, particularly causing serious issues for the natural environment. As a result of unplanned urbanization, air pollution increases; soil is degraded, and green spaces disappear (Aksoy and Ergun, 2009). Additionally, the inadequate capacity of the infrastructure system due to unplanned urbanization leads to problems in the disposal of liquid waste in cities, adversely affecting public health due to the pollution caused by these issues. This unhealthy construction problem, causing disruptions in municipal services, hinders the regular collection of waste and gives rise to solid waste issues (Alkan, 2015). The unauthorized construction in flood-prone areas and riverbeds within settlements leads to the covering of natural habitats with asphalt and concrete, resulting in urban flood disasters (Kadioglu, 2019). Furthermore, the construction of non-earthquake-resistant and poor-quality structures in regions posing a risk of earthquakes, as well as the construction of earthquake gathering and temporary shelter areas for different purposes, would cause significant harm to both the environment and living beings in the event of any earthquake (Tas, 2003).

Traffic Problem: The mismanagement of urban migration, the absence of urban population planning, dead-end streets and narrow roads resulting from distorted urbanization, the unforeseen increase in the density of modern transportation vehicles, and the failure to construct roads with adequate capacity due to these factors contribute to the emergence of traffic problems (Erdogan and Yazgan, 2007). While these factors lead to traffic issues, the traffic problem, in turn, results in noise pollution, negatively affecting human psychology, delays caused by time loss, and the loss of lives of both humans and animals (Mahmutoglu and Cukurcayir, 2012). Extensively studied for its consequences, the traffic problem not only causes time and economic losses but also contributes to ecological issues (Palúch et al., 2019). The pollution caused by accidents resulting from energy transportation, air pollution caused by the use of fossil fuels in vehicles, soil pollution caused by people leaving their trash in nature during travel, and pollution caused by substances such as oil and fuel leaking from vehicles constitute some of these ecological problems (Mahmutoglu and Cukurcayir, 2012; Yalcin Erik, 2015).

The urbanization causing ecological problems is known to affect human health in all its physical, economic, social, and cultural aspects. Studies on the relationship between the environment and human health (Gorcelioglu, 1995; Awadalla, 2013; Kutlu, 2018) have revealed that the adverse environmental conditions created by the unhealthy urbanization process negatively impact human health. The relationship between urban life and human health is influenced by factors such as the climate of cities, population density, housing stock, the nature of economic activities, income distribution, the structure of transportation systems, and recreational opportunities. It should be noted that the multifaceted impact on human health is not simply the sum of all these factors but

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rather the result of the synergistic actions of the whole, which is greater than the sum of its parts (WHO, 1993).

It should be emphasized that interventions in health services will have limited effects on public health unless a holistic-interdisciplinary perspective is adopted, and the ecological dimension of health is acknowledged. For instance, the loss of children rescued through immunization due to inadequate nutrition illustrates that health interventions applied in isolation may have limited or no impact on infectious diseases. Similarly, the reduction of respiratory diseases caused by air pollution depends on various factors such as the control of traffic and exhaust emissions, the location of industrial facilities, the nature of industrial processes, and the type of household heating and cooking facilities. Therefore, adopting an intersectoral approach is essential for achieving lasting results in the field of health (WHO, 1993).

Urban life is the cornerstone of modern human ecology (McMichael, 2000). Cities, especially after the industrial revolution, have grown and expanded rapidly. On one hand, cities serve as engines of employment and economic growth, while on the other hand, they have become sources of poverty and inequality. When examining the impact of cities on human health, this ambivalence is evident. Urban residents have access to health services, sanitation, and safe nutrition on the one hand, while on the other hand, they may be vulnerable to overcrowding, pollution, social deprivation, and stress-related illnesses (Godfrey and Julien, 2005; Agrawal, 2014). The likelihood of these urban-related diseases occurring among disadvantaged groups in the city is always higher. These disadvantaged groups include those defined as minorities, those whose poverty is exacerbated by working in the informal economy for low wages, those lacking social organization, those least able to escape or cope with dangers, and especially those marginalized and viewed as "others" in society, such as women, children, the elderly, disabled individuals, and refugees. The most basic needs such as adequate nutrition, hygiene, and shelter are beyond the grasp of these groups. While trying to meet their basic needs, these disadvantaged groups may also be subjected to exploitation. For example, an inhabitant of an informal settlement might be forced to procure unsafe water at a cost much higher than what they would pay for safe and clean water. Unemployment, poor environmental conditions, and limited resources make these individuals more susceptible to diseases. Often, these groups lack access to health and social services, and even emergency services (WHO, 1993; Awadalla, 2013). It can be stated that a significant portion of the urban population, including these individuals, does not have livable environmental conditions. This situation makes urban residents vulnerable to hazards and leaves them grappling with health problems arising from urbanization.

One of the health problems that arise as a result of the urbanization process is infectious diseases. Infectious diseases emerge and spread in places where resistance levels to diseases are low, immunization is inadequate, and environmental barriers against the spread of diseases are weak. This situation, posing a danger to human health, worsens with increased population density, people being exposed to diseases they have never encountered before, and the proliferation of insect and animal hosts due to environmental, behavioral, and ecological changes. In addition to these factors, other

environmental conditions contributing to the increase of infectious diseases include inadequate sanitation, lack of access to clean and reliable water, improper disposal of waste, insufficient drainage of surface water, and inadequate personal and household hygiene (WHO, 1993). It is also known that inadequate nutrition increases the risk of infection (Schaible and Kaufman, 2007), and with an increased risk of infection, the risk of spreading infectious diseases also rises. The uncontrolled urbanization process, which creates the conditions for all these factors, has turned cities into breeding grounds for infectious diseases. Infectious diseases with altered epidemiology due to urban factors have been identified and categorized as follows (Alirol et al., 2011):

- a) *Waterborne infectious diseases*: Hepatitis A, bacterial dysentery, cholera.
- b) *Vector-borne infectious diseases*: Malaria, sleeping sickness, leishmaniasis (cutaneous and visceral), lymphatic filariasis (elephantiasis), plague, chagas disease, yellow fever, leptospirosis, dengue fever; chikungunya.
- c) *Respiratory tract infectious diseases*: Tuberculosis (TB), pneumonia.
- d) *Sexually transmitted infectious diseases*: Human Immunodeficiency Virus (HIV).

In a report published by the World Health Organization in 2017, it was estimated that approximately 57% of diarrheal diseases in children under the age of five were environmentally related. It was also noted that diarrheal diseases accounted for 10% of all deaths in children under the age of five (WHO, 2017). This situation highlights that diseases that are actually preventable through access to clean water, sanitation, and hygiene can lead to fatal outcomes.

Alongside the highly probable encounter of these problems, it is known that changes in lifestyle and the areas of residence also contribute to health issues, with residence, especially in terms of eye discomfort in individuals, being identified as a significant determinant. In urban areas, the reduction of time spent in nature/open spaces compared to rural areas, the increase in the number of nearby workplaces, and the majority of people spending their time at home or at work constantly focusing on nearby objects within four walls, with the ongoing increase in the rate of urbanization as a key determinant, may contribute to an increase in eye problems in individuals (WHO, 2019). Studies on human eye health and the urban environment confirm that individuals living in urban areas with higher population density may experience more eye problems and that the urban environment can negatively affect eye health from childhood onwards (Ip et al., 2008). This situation implies that if steps are not taken to prevent health problems, the continuation of the urbanization process will lead to an increase in existing health problems.

Urban living also brings along with it stress. A city life that lacks a personal space, cannot adequately fulfill security needs, and is devoid of economic and social security, can be threatening to mental health. In addition to these adverse conditions, societal inequalities that become more pronounced in cities compared to rural areas and the increasing crowds are also identified as sources of stress for individuals. The stress, which is a negative outcome of living in an urban environment, is believed to adversely affect human health and, when it becomes chronic, lead to metabolic conditions similar to diabetes, promote obesity, suppress the immune system, and exert a toxic effect

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on certain brain regions—especially the hippocampus, crucial for memory functions. Stress, a significant risk factor for psychiatric disorders such as major depression and schizophrenia, has been noted to have a more substantial impact on mental health than noise and pollution (Adli, 2011).

Noise pollution, one of the important consequences of the ongoing urbanization process, also causes some negative consequences on human health. In fact, it is possible to say that noise pollution is a problem that has disturbed people from past to present and that before the urbanization process, it was seen as a problem that needed to be solved in rural areas as well as in urban life. However, it is also known that noise pollution has increased significantly with the urbanization process and this has become an important health problem for human life. Noise is defined as environmental pollution that negatively affects people's hearing health and perception, disrupts their physical and mental balance, reduces work performance, that is, work efficiency, and changes the quality of nature by destroying its calm and serene structure (Toprak and Akturk, 2004). Noise pollution, which causes many different negativities, does not affect people at the same rate. For example, the sound of a dripping faucet is known to bother some people and not others. A similar situation applies to other noise sources. Therefore, the negative effect of noise varies depending on the personality characteristics and mood of individuals exposed to noise, the type of noise, its frequency, intensity and duration of exposure to noise (Denli, 2020). The effects of noise pollution on human health, influencing both physiological and psychological well-being, have been categorized and examined:

- a) The physiological effects of noise: Noise affects the physiology of human beings in various ways, leading to negative consequences. Exposure to loud and sudden noise causes temporary threshold shifts in individuals, returning to normal after rest. However, if the exposure to noise is high and continuous, permanent threshold shifts occur, leading to permanent hearing loss in individuals (Cetin, 2000; Toprak and Akturk, 2004). Research on the relationship between noise and human health has shown that noise contributes to high blood pressure, increased heart rate, accelerated respiration, increased cholesterol, muscle tension, startle responses, adrenaline increase, anger, and irritation (Ulukaya and Cogenli, 2020). The World Health Organization (WHO), considering environmental noise as one of the most important environmental risks to health and emphasizing noise as a significant public health issue, stated in its 2018 report that noise has serious effects on diseases such as ischemic heart disease, hypertension, diabetes, and obesity. Furthermore, other studies have found that noise does not alter visual acuity but negatively affects visual sharpness and attention, weakens color perception, and reduces the ability to see in low light conditions or in the darkness of night (Grognot and Perdriel, 1959; Kryter, 1971; Loeb, 1986; as cited in Toprak and Ozturk, 2004). On the other hand, noise has a negative impact on sleep; it makes falling asleep difficult, causes changes in sleep stages and depth, reduces total sleep duration, and leads to fatigue and unhappiness during the day (Dogan and Cataltepe, 2018).
- b) The neuro-biological effects of noise: The distraction caused by noise can negatively impact individuals' work life and lead to a decrease in job performance. This situation can be more prominently observed, especially in tasks requiring concentration. Some studies in the field of

education have shown that noise also adversely affects learning performance. The noise in the classroom can reduce motivation, make conversations less clear, impair comprehension and concentration, increase distress and discomfort, negatively affecting students in various ways, and may result in decreased reading ability and cognitive performance in children exposed to noise in schools (Clark and Paunovic, 2018; as cited in *Environmental Noise in Europe*, 2020). A study conducted by Cohen et al. In 1980 near Los Angeles Airport supports these findings. The study found that children attending noisy schools near the airport had higher blood pressure values than those attending quiet schools, and children in noisy schools were more likely to fail in a cognitive task and leave a task incomplete (Cohen et al., 1980).

- c) The psychological effects of noise: It is known that noise affects not only the physiological but also the psychological structure of individuals. Scientific studies have shown that exposure to environmental noise negatively affects an individual's mood, contributes to the progression of existing psychological disorders, and leads to the emergence of different psychological illnesses (San, 2010). This relationship persists even after the noise ends, indicating that the impact of noise on individuals continues. Some behavioral disorders have been identified as a result of the effects of noise on individuals (Demirkale, 2007; Kurra, 2009; as cited in San, 2010). Some of these behavior disorders caused by noise include discomfort and tension (which can turn into excessive reactions or abnormal behaviors; impulsive movements, sudden outbursts, loss of anger control, losing oneself, and turning towards violence), directing anger and rage towards oneself (self-blame and withdrawal into silence), external expression of anger and rage (aggression or pessimism), decreased tolerance and sense of cooperation, frequent visits to the doctor, constantly closing windows, spending less time outdoors, and social isolation.

Urban life also brings stress. A city life where an individual does not have his/her own personal space, cannot adequately meet his/her security needs, and lives without economic and social security can be threatening for mental health. In addition to these negative conditions, social inequalities that become more evident in cities compared to rural areas and increasing crowds are also shown to be among the sources of stress for the individual. Stress, which is a bad consequence of living in an urban environment, negatively affects human health and, if it becomes permanent, causes metabolic conditions such as diabetes, promotes obesity, suppresses the immune system and has a toxic effect on neurons in some brain regions, especially the hippocampus, which is important for memory functions. is thought to have an impact. It has also been stated that stress, which is a serious risk factor for psychiatric disorders such as major depression and schizophrenia, has a more severe effect on human mental health than noise and pollution (Adli, 2011).

It can be stated that cities, which seem to be more lively compared to rural areas, actually restrict people's mobility and deprive people of physical life more and more with the impossibilities they create day by day. The increasing concreting of natural areas and the unpredictable increase in crowds - in certain areas of the city - increasingly restrict people's mobility. In addition, due to the

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increasing demand for private vehicles in transportation, the roads of the city are designed according to the increasing number of vehicles, and as a result, it becomes almost impossible to walk or move despite the vehicles in the cities. Recently, with the changing shopping habits due to technological developments, the desired products can be purchased remotely and the orders can be brought and delivered to the desired point. It is thought that these orders, which are shown among the city's opportunities and brought into the house, encourage people to be inactive. This situation causes an increase in the number of people who walk less to get from one place to another and move less to meet any of their needs.

It is also known that people who move less and do not engage in sufficient physical activity face diseases related to this condition. Inactivity, that is, a sedentary life, ranks fourth among the risk factors that cause death worldwide and is seen as the main cause of approximately 21 to 25% of breast and colon cancers, 27% of diabetes and 30% of ischemic heart disease in the world. (Ministry of Health, 2014). Insufficient physical activity is thought to be the second main cause of obesity, which has recently become an important health problem, especially in developed and developing countries, after excessive and wrong eating habits. Obesity causes the death of approximately 3.4 million people in the world every year; It can be stated that it causes many diseases such as hypertension, stroke and congestive heart failure (Ministry of Health, 2019).

In addition to all these negativities created by urbanization, other research in this field has revealed that urbanization increases crime rates (Karasu, 2008) and has an indirect, if not direct, effect on suicide (Esmeler, 2017).

Conclusions

Conclusions to be drawn from this qualitatively designed documentary study suggest that a problematized, squeezed and accelerated state of affairs in the metropolitan spaces, characterized by various means and modes of the modern world and the obsolete legacies of the Industrial Revolution, has unfortunately brought about a number of different existential crises, as well as some other multidimensional and multifaceted disasters and catastrophes, chief, among them lower levels of a wide array of well-beings in different contexts (Logan, 2018).

In tandem with the aforementioned premises, populations living in densely populated, metropolitan communities have been suffering from the lower levels of physiological, psychological, mental and educational well-beings compared with those living in sparsely populated rural communities, the consequences of which have also given rise to crisis and collapses in educational institutions, interpersonal and social dialectics, filial duties, communal obligations, individual strivings and a lack of resources, which are counterintuitive to eke out a decent living in such settings and achieve a sustainable development.

An overemphasized argument which has been manifested in this manuscript and in fact any quintessential scientific analysis or recommendation to be made within the context the above

mentioned phenomena would center on the fact that natural habitats, environments and ecosystems should be rejuvenated, re-established and proposed as well as encouraged by the authorities as a brand new ontological paradigm to be considered as an indispensable existential tendency and to be espoused in order to achieve a complete ontological well-being or amelioration, and for a more sustainable mode of being to be achieved for human flourishing (Milgram, 1970).

Another important phenomenon which has caused a number of different problems in individual and social state of affairs, and which has been overlooked within the context of industrialized environments or metropolitan areas is the degradation of the natural environment and compartmentalized housing, which can be considered to be counterintuitive to psychological, social or communicational well-being, and which are important cases in point.

The aforementioned aspects of the industrial or metropolitan areas have also been associated with various chaotic conditions or complexities leading to multidimensional entropy or disorders that can be exemplified and evaluated within the context of the Second Law of Thermodynamics in particular and Quantum Mechanics in general (Batty et al. 2014). Therefore after a documentary analysis and evaluation of various knowledge repertoire accessed to and analyzed both on the internet and in the public libraries, it was concluded that a process of de-growth or de-industrialization would be indispensable in order to achieve a more sustainable and decent living or inhabitation to be to be espoused in natural environments by the general public, which can be designed in tandem with and incorporated into the inhabitation paradigms of modern world in the 21st century.

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