

Investigation of the Quality of Life of People in Need with the Effect of Social Assistance and Solidarity Foundation

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Abstract: The aim of this study is to determine the impact of Afyonkarahisar Ihsaniye Social Assistance and Solidarity Foundation on the quality of life of those in need. While different approaches to the concepts of quality of life are presented in the study, the concept of poverty, types of poverty, causes and importance of poverty are examined in detail. In addition, the purpose of establishment, structure, duties, revenues and programs of the Social Assistance and Solidarity Foundation are also discussed in detail. In the research, 143 people were reached by simple random sampling method and data collection was carried out using the questionnaire technique. The data obtained were analyzed using the SPSS program. According to the results of the study, it was found that the Social Assistance and Solidarity Foundation has positive effects on the quality of life of those in need. The findings of this study are expected to contribute to the development of SYD Foundation.

1. Introduction

In general terms, quality of life is the level of well-being or ease of access to well-being. It is the ideal conditions according to one's place of residence and one's own culture. It means that the goals, expectations and standards that the person will be satisfied with are compatible with the conditions, culture and values in which the person lives [1-10]. In other words, there are no major differences between the ideal living conditions and the current conditions. Multiple factors are examined when measuring quality of life. Healthy and safe living environment, ease of access to necessary services, adequate fulfillment of physical needs (eating, drinking, sexuality, sleep, shelter, etc.), health status not interfering with the necessities of daily life, presence of social support, peaceful and pressure-free living space, finding life meaningful, being able to do business, production and reliable material conditions and not being dependent on others for access to all these are factors that increase quality of life.

When we talk about the quality of life in societies, we should not only refer to survival time or material gain, but also to the levels of diversity in these situations. When we talk about a state or a society, it is necessary to reveal or investigate not only the levels of the best, but also the levels achieved by people who are similar to each other and the levels of the people who are in the most infertile position.

In 1986, SYD Foundations were established in Turkey as one of the State's plans to combat poverty and continue to serve today with nearly a thousand SYD Foundations in provinces and districts.

Foundations are an important intermediary and distributor of social assistance due to their relatively rapid adaptation to differentiating social needs and issues. As in many countries of the world, in our country as well as in many other countries, they are among the leading institutions that aim to fight against poverty, to eliminate poverty and at least to ensure social integrity by alleviating the negative effects of poverty [11].

With the Social Assistance and Solidarity Incentive Fund (SYDTF), aids are provided to the poor in many areas such as "health, food, education, project support, fuel, livelihood, daily (periodic), shelter, clothing, orthopedic equipment, transported education, disabled, disaster victim aids" [12].

Therefore, this research was conducted to determine the impact of Afyonkarahisar/Ihsaniye Social Assistance and Solidarity Foundation on the Quality of Life of the needy. At the same time, our research will show to what extent the Social Assistance and Solidarity Foundations are useful for the individuals in need and whether their programs are sufficient or not. It is concluded that it will guide the detailed studies to be carried out in the following periods and will set an example for such studies.

2. Materials and Methods

The population of this study consists of people who apply to Afyonkarahisar Ihsaniye SYD Foundation and actively receive aid. There are 220 people who actively receive aid at the Ihsaniye SYD Foundation. In this context, the population of the study was determined as 220 people. Due to constraints such as time, cost and distance, sampling was used. Simple random sampling method was used in the research. In the calculation of the sample size, Krejcie and Morgan (1970) [13] proposed a general table on how much the sample size should be taken in proportion to the size of the population in researches where evaluations will be made according to ratios. Gay (1976) [14] and Sekaran (2003) [15] stated that this table is an ideal table capable of representing the universe. This table is given for a confidence level of 95%, i.e. $\alpha = 0.05$, sampling error $H = \pm 0.05$ and proportions $p = 0.5$ and $q = 0.05$. In our study, the sample size was determined as 132 according to the table [16]. Within the determined sample, 143 people were surveyed.

The questionnaire used for data collection consists of three parts. The first part of the questionnaire includes statements aiming to determine the demographic characteristics (gender, age, education, employment status, etc.) of the needy people who apply to the SYD Foundation. In the second part, there are questions to measure the current living conditions of the needy people, and in the third part, there are statements aiming to determine the impact of Ihsaniye SYD Foundation on the quality of life of the needy people. The statements in the third part of the questionnaire were graded with a 5-point Likert-type scale (5: Strongly agree, 4: Agree, 3: Partially agree, 2: Disagree, 1: Strongly disagree). In the study in which the data were analyzed with the SPSS 22.00 program, a percentage frequency table was created from descriptive statistical techniques to determine the demographic characteristics of the participants.

When the literature was reviewed, no valid and reliable measurement tool was found to measure quality of life. With the help of the conceptual and theoretical framework, a questionnaire that we think will determine the quality of life levels of the needy people applying to the SYD Foundation was created and a result was tried to be obtained with the help of percentage, frequency, standard deviation and averages, which are descriptive statistical techniques.

3. Results and Discussions

Quality of life, which has recently become one of the most important universal goals, not only covers all areas of life but is also affected by all areas of life. Studies and other researches show that factors such as low income, low education level, being old, being a woman, being divorced or widowed, inadequate housing, heating problems, unemployment, health conditions and difficulties in benefiting from health services, negativities experienced with the family are the main reasons that affect and reduce the quality of life. In this study, in which the impact of Ihsaniye SYD Foundation on the quality of life was investigated, the factors affecting the quality of life were determined and findings were obtained on the examination of the quality of life of the needy people of Ihsaniye SYD Foundation.

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Table 1. The Impact of SYDVs on Quality of Life

Groups	\bar{X}	S.S
1. Social Assistance and Solidarity Foundations are an institution I can apply to in difficult life conditions.	4,007	0,083
2. The cash assistance provided by SYD Foundations is sufficient.	4,028	0,165
3. In-kind assistance from SYD Foundations is sufficient.	4,077	0,267
4. Thanks to SYD Foundations, I can easily meet my basic needs (food, clothing, etc.).	4,434	0,511
5. Thanks to SYD Foundations, I meet the educational needs of my children.	3,532	1,174
6. Thanks to SYD Foundations, I benefit from health services within the scope of General Health Insurance without any problems.	3,336	1,094
7. Thanks to SYD Foundations, I do not have heating problems in winter.	4,329	0,471
8. Thanks to SYD Foundations, I lead a cleaner and healthier life.	3,413	0,781
9. Thanks to SYD Foundations, I am able to participate in different cultural activities and trips.	2,147	0,410
10. Without SYD Foundations, I would have difficulty in meeting my basic needs.	4,063	0,379
11. If the aid I have been receiving from the SYD Foundation is cut off, it could have a negative impact on our lives.	4,098	0,321
12. Thanks to SYD Foundations, our quality of life is improving.	4,098	0,321

According to the findings in Table 1, it is seen that the mean values of the answers given to each statement are above 3 and the standard deviation values do not take a constant value on average. The calculated standard deviation values and the arithmetic averages of the answers to the questions show that the opinions on the impact of SYD Foundations on the quality of life are generally concentrated above the average.

According to the findings in Table 1, although the opinions of the participants regarding the statements are not very different from each other, the highest level of positive opinion was in the questions; I can easily meet my basic needs (food, clothes, etc.) thanks to SYD Foundations ($\bar{X}=4,434$) and I do not have heating problems in winter thanks to SYD Foundations ($\bar{X}=4,329$). This situation shows that those in need who receive assistance from Ihsaniye SYD Foundation can easily meet their daily needs and heating problems. Social Assistance and Solidarity Foundations are an institution that I can apply to in difficult life conditions ($\bar{X}=4,007$), SYD Foundation's cash aids are sufficient ($\bar{X}=4,028$), SYD Foundations' in-kind aids are sufficient ($\bar{X}=4,077$), I would have difficulty in meeting my basic needs if

there were no SYD Foundations ($\bar{X}=4,063$), the cessation of the aids I receive from SYD Foundations may affect our lives negatively. ($\bar{X}=4,098$), I meet the educational needs of my children thanks to SYD Foundations ($\bar{X}=3,532$), I benefit from health services within the scope of General Health Insurance without any problems thanks to SYD Foundations ($\bar{X}=3,336$), I lead a cleaner and healthier life thanks to SYD Foundations ($\bar{X}=3,413$) are other positive answers. It should also be noted that the question 'Our quality of life increases thanks to SYD Foundations' ($\bar{X}=4,098$) was asked directly to those in need and a high rate of respondents answered that SYD Foundations increase our quality of life. It is seen that the participants' answer to the question "Thanks to SYD Foundations, I can participate in different cultural activities and trips" ($\bar{X}=2,147$) is below the middle level and they gave a negative answer. It has been observed that people in need are not able to participate in cultural activities and excursions thanks to Ihsaniye SYD Foundation. Their answers to these questions show that Ihsaniye SYD Foundation has made a positive contribution to the needy to live a better quality life.

4. Conclusions

The quality of life of individuals is affected by all kinds of activities led by the state, private companies, non- governmental organizations and universities. As a result of these activities, gender inequality is eliminated, individuals' education and income levels increase, and negative health problems caused by stress are prevented. This study shows that SYD Foundations play a really important role in improving the quality of life of those in need by improving themselves and keeping up with the updated needs. It is thought that the results of such studies will improve the SYD Foundations and contribute to more effective and efficient work.

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- **Ethical approval:** The conducted research is not related to either human or animal use.
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