




# Investigation of social change in cities after participation in cittaslow union in Ordu-Perşembe district

Hüseyin Özdemir\* 

## Abstract

This study presents a case study of the social changes brought about by participation in the Cittaslow Union in cities. The research focuses on the Perşembe district of Ordu province and aims to analyze the effects of Cittaslow on the social structure. Data collection involved the use of 100 valid surveys. The results indicate that significant social changes occurred in the Perşembe district following its participation in the Cittaslow Union. Surveys and observations show an increase in tourism activities. This is due to heightened public awareness, which has been brought about by increased official institutional efforts to inform about Cittaslow. Furthermore, the Cittaslow Union's participation in Perşembe district has resulted in the wider availability of locally sourced food, increased promotion of cycling, and a reduction in vehicle noise pollution. Furthermore, the Cittaslow Union's participation in Perşembe district has resulted in the wider availability of locally sourced food, increased promotion of cycling, and a reduction in vehicle noise pollution. These changes have had a positive impact on the district's quality of life and social structure. The community has adopted a more sustainable and participatory lifestyle because of the Union's involvement. It can be inferred that the city has benefited from the approach. The identified changes demonstrate that participation in the Cittaslow Union in the Perşembe district has positive effects on the adoption of a sustainable and participatory lifestyle within the community. This study on the effects of the Cittaslow Union in the Perşembe district can be considered an important step in promoting sustainability and social participation in cities.

*Keywords:* awareness, cittaslow, cultural interaction, social change, quality of life

## 1. Introduction

The trend of globalization in the 20th century, accompanied by technological advancements and rapid modes of production, has transformed cities from regional entities to universal phenomena that can exist anywhere. This phenomenon rapidly engulfs settlement units, urban identities, and urban elements. The trend of global culture has resulted in the construction of multi-story buildings using the same architectural style and materials, leading to cities becoming increasingly homogenised (Kiper, 2004). As global similarities and connections increase, local ties and the identity of place weaken (Radstrom, 2014).

Simultaneously, there are views that fundamentally oppose the fast-paced lifestyle and consumption patterns brought about by globalization. One such perspective is the Slow Movement. In the realm of municipal governance, the International Cittaslow Movement focuses on preserving essence, identity, local values, and the significance of place, striving to maintain a high quality of life. The Cittaslow Movement was founded in Orvieto, Italy in 1999 by Paolo Saturnini, the Mayor of Greve in Chianti, with support from Francesco Guida, the Mayor of Bra, Stefano Camicchi, the Mayor of Orvieto, Domenico Marrone, the Mayor of Positano, and Carlo Petrini, the Founder and President of Slow Food. The movement is embraced by the Cittaslow Association. Cittaslow is a

\**(Corresponding author)* Asst. Prof. Dr., Tokat Gaziosmanpaşa University, Türkiye, [huseyin.ozdemir@gop.edu.tr](mailto:huseyin.ozdemir@gop.edu.tr)

Article history: Received 26 January 2024, Accepted 29 March 2024, Published 23 April 2024

Copyright: © The Author(s). Distributed under the terms of the [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/)



term derived from the Italian word 'Città' (City) and the English word 'Slow.' It is used to denote a 'Slow City' (Wikipedi, 2020). The concept of a slow city, shaped by the slow movement, emphasizes a focus on local directions, including the preservation of endemic life forms, cultural values, and sustainable urban living (Erdoğan, 2020). According to Knox (2005), Cittaslow fosters an urge for people to rediscover 'place culture.' Pink (2008) defines it as a transnational movement that aims to enhance the quality of the environment and urban infrastructure through technology, while also advocating for the safe preservation of unique food production.

To become a member of the Cittaslow movement, fulfilling at least 50 out of approximately 72 criteria is required. These criteria are categorized under environmental policies, infrastructure policies, quality of urban life policies, policies related to agriculture, tourism, and craftsmanship, hospitality, awareness, and education plans, social cohesion, and partnerships (Cittaslow, 2020). Environmental policies cover programs for verifying air, water, and soil quality, as well as parks, green areas, renewable energy, and transportation. Infrastructure policies primarily concern alternative mobility criteria, bicycle lanes, and street furniture improvement. Policies for improving urban life include reevaluating and reusing marginal areas. Policies related to agriculture, tourism, and craftsmanship include practices such as prohibiting the use of GMOs in agriculture and enhancing traditional craftsmanship techniques and values. Hospitality, awareness, and education involve providing a warm welcome and increasing awareness among operators and traders. Social cohesion encompasses issues such as integrating disabled and impoverished individuals into society. Partnerships involve collaborating with organisations that promote regional potential. The interpretation of criteria and their weighting within the general framework outlining the main principles of the Slow City concept depends on the potential of settlements (Dogrusoy & Dalgakiran, 2011). The flexibility of the Slow City concept enables cities to take forward-looking steps based on principles they establish for themselves. These criteria must be fulfilled based on the principle derived from the Latin phrase 'festina lente', meaning 'hasten slowly'. The principle emphasizes the evaluation of present and future opportunities together, reflecting the best achievements of the past in the present context (Miele, 2008).

A literature review of the concept of Cittaslow reveals several studies conducted in various fields, including Urban and Regional Planning, Architecture, and Tourism. Mayer and Knox's (2006) study, titled 'Slow Cities: Sustainable Places in A Fast World,' addresses the Slow Food and Cittaslow Movement, providing an alternative approach to urban development. This study examines how urban policies have been reshaped in the German cities of Waldkirch and Hersbruck, which joined the Cittaslow Movement. The author, Radstrom (2006), aims to maintain a local sense of place and identity by addressing the Cittaslow Organization in the thesis titled 'An Urban Identity Movement Rooted in The Sustainability of Place: A Case Study of Slow Cities and Their Application in Rural Manitoba.' Çakar (2016) examines the impact of cultural heritage preservation approaches on the preservation of local values in cities that are members of the Cittaslow union in Turkey. Özmen (2016) compares urban conservation principles with the propositions of the International Cittaslow Movement, focusing on small historic urban settlements, to determine urban conservation principles. Senetra and Szarek-Iwaniuk (2020) classified member cities of the Cittaslow Movement in Poland based on their socio-economic development levels to demonstrate change. Temel (2018) examined the potential of creating sustainable cities through the concept of sustainable architecture within the context of Taraklı, using Cittaslow as an example. Orhan (2017) considered the Cittaslow Movement as a different approach to building sustainable cities and identified urban parameters. Baldemir, Kaya, and Şahin (2013) aim to address decision-making problems by exploring Cittaslow as a governance strategy in the context of sustainable cities. Uğurlu (2019) examines the impact of Cittaslow criteria on urban design in the case of Vize, emphasizing the importance of appropriate urban planning and design projects.

This study addresses the research question by examining the social changes in cities following membership in the Cittaslow Union, filling a gap in the literature regarding the specific effects of the Slow City Movement on social structures and community dynamics. According to the survey

---

results conducted in the Perşembe district of Ordu, tourism activities have increased, local cuisine has been promoted, noise pollution has been reduced, access has been facilitated through bicycle paths, and the local economy has been supported. This highlights how Cittaslow membership has influenced social interactions, cultural diversity, economic activities, and environmental aspects in urban environments, providing valuable insights for urban planning and sustainable development initiatives. In conclusion, participation in the Cittaslow Union has had positive effects on the social structure and significantly contributed to the adoption of a sustainable and participatory lifestyle in the city.

## 2. Theoretical Background

The foundations of Cittaslow were established with the motto of the 'Slow Movement.' This social movement critiques the fast-paced modern lifestyle and advocates for a cultural shift that transforms the speed and consumption patterns in various aspects of life, including eating habits, economic life, and interpersonal relationships (Wikipedi, 2020). The Slow Movement philosophy has been adopted in various fields, including gastronomy, urban governance, tourism, media, travel, architecture, and design.

Cittaslow, which means 'slow city' in Italian, is an example of this movement. The term 'slow' may initially have negative connotations, but it refers to a deliberate and conscious approach to living. However, the association of slowness with time does not necessarily imply doing everything at a snail's pace (Özmen & Can, 2018). Instead, Cittaslow leverages the best aspects of globalization stemming from the blend of the region's new technologies and traditions, utilizing the fundamental identity and spirit of society against the backdrop of the modern world (Carp, 2012a).

Cittaslow is an international association that is rooted in the essence of the Slow Movement. It is founded upon the principle of 'festina lente', which is derived from Latin and means 'make haste slowly'. This principle signifies finding contemporary equivalents of past achievements and evaluating the possibilities of the present and future together (Miele, 2008). Cittaslow is embraced by small settlements. The union was founded in Orvieto, Italy in 1999 by Paolo Saturnini, the Mayor of Greve in Chianti, with support from Francesco Guida, the Mayor of Bra, Stefano Cimicchi, the Mayor of Orvieto, Domenico Marrone, the Mayor of Positano, and Carlo Petrini, the Founder and President of Slow Food (Cittaslow, 2020).

Mayer and Knox (2006) define Cittaslow as the local implementation of criteria related to quality of life. Nilsson, Svärd, Widarsson, and Wirell (2011) describe it as a network of cities embracing both urban and rural development. Carp (2012b) characterizes Cittaslow as a comprehensive movement encompassing infrastructure and urban form, land use, and economic development. Miele (2008) describes it as a network of small towns that focus on preserving place-based urban identity through urban design and planning.

The Cittaslow movement aims to provide a realistic alternative for people to communicate, socialize, and live in self-sufficient, sustainable communities that uphold crafts, nature, traditions, and customs. It also addresses infrastructure issues, utilizes renewable energy sources, and benefits from the conveniences of technology (Cittaslow, 2020).

The movement also encourages cities to embrace their local and unique identity. The Cittaslow Movement aims to enhance the quality of urban life for individuals by preserving the city's distinctive characteristics while simultaneously improving it (Radstrom, 2014). Cities strive to implement the criteria set forth by the Cittaslow Union to achieve these goals. These criteria are classified under seven main headings: environmental policies, infrastructure policies, quality of urban life policies, policies related to agriculture, tourism, and craftsmanship, hospitality, awareness and education plans, social cohesion, and partnerships. Out of approximately 72 criteria, 31 are mandatory, and 5 are perspective. To meet the requirements, at least 50 criteria must be fulfilled (Cittaslow, 2020) (Table 1). The criteria are periodically updated by the International Coordination Committee following annual international congresses. The most recent version was

approved after the International Congress in Midden Delfland, the Netherlands in 2014. The congress emphasized the importance of youth involvement in the Cittaslow process (Özmen, 2016). In addition to this process, a new initiative has been introduced that allows national networks to add new criteria specific to their local conditions, provided that they do not exceed twenty percent of the respective main heading (Temel, 2018).

**Table 1** Criteria set by the Cittaslow Union (Source: Cittaslow, 2020)

<b>Environmental policies</b>	<ul style="list-style-type: none"> <li>• Documentation of air cleanliness meeting parameters specified by law *</li> <li>• Documentation of water cleanliness meeting parameters specified by law *</li> <li>• Comparison of public drinking water consumption with national average</li> <li>• Collection of urban solid waste through separation *</li> <li>• Support for industrial and domestic composting.</li> <li>• Availability of wastewater treatment plant for urban or bulk sewage *</li> <li>• Energy saving in buildings and public use areas.</li> <li>• Public production of energy from renewable energy sources</li> <li>• Reduction of visual pollution and traffic noise</li> <li>• Reduction of public light pollution *</li> <li>• Per capita electricity consumption</li> <li>• Preservation of biodiversity</li> <li>• Encouragement of establishing "energy communities" for self-production and consumption of energy from renewable sources</li> </ul>
<b>Infrastructure policies</b>	<ul style="list-style-type: none"> <li>• Efficient bicycle lanes connected to public buildings.</li> <li>• Comparison of existing bicycle lanes with vehicle lanes on a kilometre basis *</li> <li>• Bicycle parking facilities at transfer centres such as metro and bus stops Planning of eco-friendly transportation as an alternative to private vehicle usage *</li> <li>• Removal of architectural barriers for people with disabilities *</li> <li>• Initiatives for family life and pregnant women *</li> <li>• Approved accessibility to health services</li> <li>• Sustainable distribution of goods in city centres</li> <li>• Percentage of urban residents working outside the city *</li> </ul>
<b>Urban life quality policies</b>	<ul style="list-style-type: none"> <li>• Planning for urban resilience **</li> <li>• Enhancement of urban values, programs to increase the value of city centres and public buildings *</li> <li>• Improvement and/or creation of social green areas using efficient plants and fruit trees **</li> <li>• Increasing urban liveability</li> <li>• Reassessment and utilization of marginal areas *</li> <li>• Utilization of information and communication technologies in developing interactive services for citizens and tourists *</li> <li>• Establishment of a service desk for sustainable architecture *</li> <li>• Access to the city's internet network *</li> <li>• Monitoring and reduction of pollutants *</li> <li>• Development of telecommuting</li> <li>• Promotion of personal sustainable urban planning</li> <li>• Support for social infrastructure.</li> <li>• Promotion of public sustainable urban planning *</li> <li>• Utilization of efficient plants for enhancing useful green spaces within the city **</li> <li>• Creation of areas for commercialization of local products *</li> <li>• Preservation and enhancement of workshops – creation of natural/local shopping centres *</li> <li>• Amount of concrete used in green areas</li> </ul>
<b>Policies on agriculture, tourism, tradesmen, and craftsmen</b>	<ul style="list-style-type: none"> <li>• Development of agroecology **</li> <li>• Preservation of handmade and ethically labelled or branded artisanal products *</li> <li>• Enhancement of the value of traditional craftsmanship and artisanal techniques</li> <li>• Increasing access to services for rural residents to enhance the value of rural areas *</li> <li>• Utilization of local, preferably organic products in public restaurants (school cafeterias, soup kitchens, etc.) *</li> <li>• Provision of taste education in personal use and food sectors, and promotion of the use of organic local products where possible *</li> <li>• Preservation and enhancement of local and traditional cultural events and values *</li> <li>• Increase in hotel capacities *</li> <li>• Ban on the use of GMOs in agriculture.</li> <li>• Presence of new ideas for zoning plans regarding the use of previously used areas for agriculture</li> </ul>

<b>Social adaptation</b>	<ul style="list-style-type: none"> <li>• Efforts against discrimination towards minorities</li> <li>• Coexistence of people with different ethnic backgrounds in the same neighborhood</li> <li>• Integration of disabled individuals</li> <li>• Support for childcare.</li> <li>• Employment status of the younger generation</li> <li>• Poverty</li> <li>• Existence of social partnerships/civil society organizations</li> <li>• Integration of different cultures</li> <li>• Political participation</li> <li>• Municipal investment in public housing</li> <li>• Presence of areas for youth activities and a youth center</li> </ul>
<b>Hospitality, Awareness, and plans for training</b>	<ul style="list-style-type: none"> <li>• Hospitality initiatives*</li> <li>• Increasing awareness among merchants and operators *</li> <li>• Availability of slow routes</li> <li>• Adoption of active techniques facilitating grassroots-to-top participation in significant governance decisions</li> <li>• Continuous education for educators, managers, and staff on Cittaslow themes **</li> <li>• Health education programs</li> <li>• Systematic and enduring education for local residents about the meaning of Cittaslow*</li> <li>• Active presence of associations collaborating with local government on Cittaslow initiatives</li> <li>• Support for Cittaslow campaigns *</li> <li>• Use of the Cittaslow logo on the website and letterheads *</li> </ul>
<b>Partnerships</b>	<ul style="list-style-type: none"> <li>• Support for Cittaslow activities and campaigns.</li> <li>• Collaboration with other organizations promoting natural and traditional foods.</li> <li>• Support for twinning projects and collaborations aimed at the development of developing countries and the dissemination of the Cittaslow philosophy</li> </ul>

\*Mandatory, \*\*perspective

### 3. Material and Method

This study examines the social impact of joining the Cittaslow Union on cities, using qualitative research designs such as observation and surveys. The survey was designed in a closed-ended 5-point Likert scale format to enable participants to express their opinions on a specific topic and measure their emotional responses (Likert, 1932). The scale mentioned is a useful means of identifying the varied perspectives of participants (Kriksciuniene, Sakalauskas, & Lewandowski, 2019). The survey was pre-designed based on the opinions of expert architects and urban planners in the field. Participants were selected randomly from the residents of the Perşembe district, and the survey was administered to them. Consent was obtained from the participants, and the data were stored in accordance with principles of privacy and anonymity. To ensure the reliability and validity of the study, we implemented various measures such as following standardized procedures during data collection and using double-check mechanisms for data accuracy and reliability (Creswell, 2013).

The Perşembe district of Ordu, located on the coast of the Black Sea in Turkey, is renowned for its natural beauty and cultural heritage. The text is clear, concise, and objective, with a logical flow of information and precise word choice. The Perşembe district of Ordu, located on the coast of the Black Sea in Turkey, is renowned for its natural beauty and cultural heritage. Its long beaches, clean sea, and mountainous areas make it a popular tourist destination. The content of the improved text is as close as possible to the source text, with no additional aspects added. The Perşembe district of Ordu, located on the coast of the Black Sea in Turkey, is renowned for its natural beauty and cultural heritage. The language is formal and free from grammatical errors, spelling mistakes, and punctuation errors. Furthermore, the district of Perşembe boasts a rich historical and cultural heritage, featuring historical mansions, mosques, and local handicrafts dating back to the Ottoman period. This makes it a significant destination where natural beauty and cultural heritage converge.

It is a significant settlement in the Black Sea Region, chosen as the study area (Figure 1). Its location on the coast of the Black Sea, with long beaches, clean sea, and mountainous areas,



indicates its remarkable geographical structure. This geographical location forms the foundation of Perşembe's natural beauty and tourism potential. Perşembe is a district with a rich historical and cultural heritage. It boasts historical mansions, mosques, and local handicrafts dating back to the Ottoman period, making it an attractive destination for those interested in the past. In 2012, Perşembe joined the Cittaslow Union, which promotes the concept of a slow city. This philosophy promotes the enjoyment of life, living in harmony with nature, and sustainability. Perşembe district engages in various activities such as supporting the local economy, reducing traffic and noise pollution, increasing green spaces, and preserving cultural values. As a result, it has become an important city where natural beauty and cultural heritage converge.

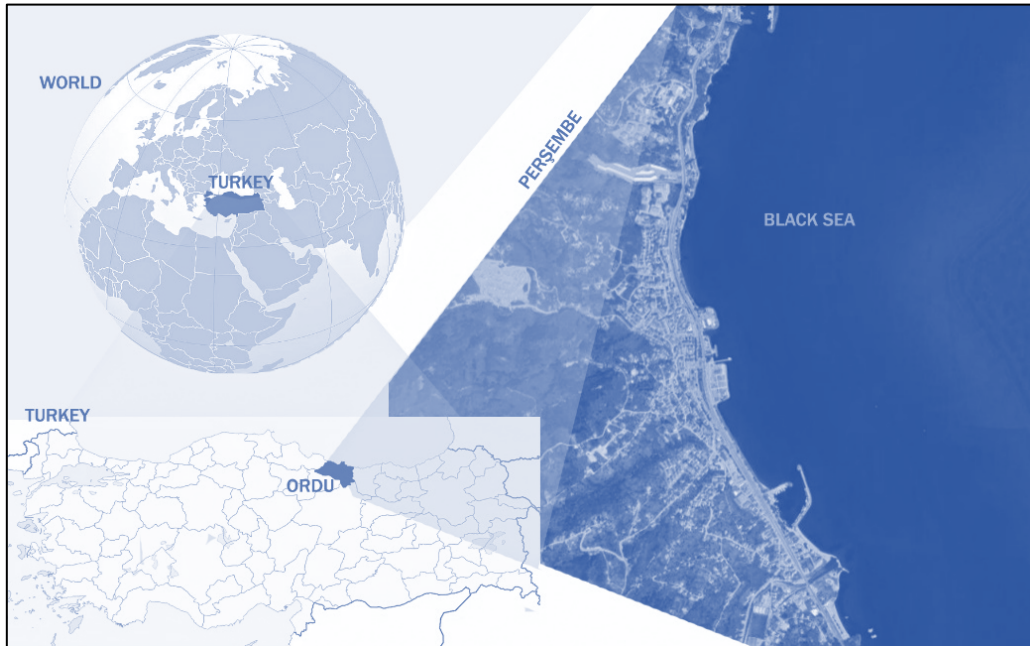


Figure 1 Approach to the study area (source: developed from Google Earth)

#### 4. Findings

The research study conducted to investigate the effects of social changes in the Perşembe district after joining the Cittaslow Union was designed considering the factors influencing social change identified in the literature. Firstly, analyses were carried out on parameters such as gender, age, education level, income status and occupation in order to determine the social and demographic structure of the settlements. This was followed by an in-depth study of the changes that occurred after joining the Cittaslow Union.

##### 4.1. Demographic Findings Analysis

The Perşembe district, situated in the Black Sea region of Turkey, has a population of 31,278 people. According to the Turkish Statistical Institute (TÜİK, 2024), 48.27% of the population are woman, and 51.73% are men. The age distribution among survey participants revealed that there were 60 individuals in the under 17 age group, 4 individuals in the 18-23 age group, 6 individuals in the 24-29 age group, and 30 individuals in the 30 and over age group. In terms of educational attainment, 8% of survey participants have completed primary school, 41% have completed middle school, 33% have completed high school, and 18% are university graduates. The analysis of occupational distribution reveals a predominance of students, with a notable inclination towards the private sector. Despite being a small and tranquil settlement, Perşembe district has a significant influence on the local economy and social life.

An examination aimed at determining the income status of survey participants revealed that 65% of individuals have incomes below 17,000 TL. Additionally, 8% of participants have incomes ranging between 25,000 TL and 35,000 TL. While 23% earn between 35,000 TL and 45,000 TL, 4%

have incomes exceeding 45,000 TL. These findings indicate that a majority of individuals in Perşembe district have incomes around 17,000 TL, suggesting a lack of income disparity and social class differentiation. The absence of income inequalities and the balanced distribution of income serve to strengthen social cohesion (Table 2).

**Table 2** Normal Distribution Analysis of Surveys Conducted in Perşembe District

		Count	%
Gender	Woman	68	68,0%
	Men	32	32,0%
Age	17 and under	60	60,0%
	18-23 ages	4	4,0%
	24-29 ages	6	6,0%
	30 ages and older	30	30,0%
Educational status	Primary school	8	8,0%
	Middle school	41	41,0%
	High school	33	33,0%
	University	18	18,0%
Income status	≤17.000 TL	65	65,0%
	25.000≤x≤35.000 TL	8	8,0%
	35.000≤x≤45.000 TL	23	23,0%
	45.000 TL <	4	4,0%

#### 4.2. Interpretation of Survey and Observation Results

Table 3 presents the analysis of surveys conducted in the Perşembe district before and after its membership of the Cittaslow Union, focusing on the normal distribution of the data. Normal distribution is a significant statistical concept that signifies data being evenly distributed around the mean, forming a bell-shaped curve. Skewness and kurtosis coefficients are important indicators in this context. Skewness measures the symmetry of data distribution, with a value of 0 indicating perfect symmetry. Kurtosis measures the shape of the distribution curve, with a value of 0 indicating normal distribution. However, achieving this ideal condition in practice can be challenging. Therefore, it is generally acceptable to assume normal distribution when skewness and kurtosis values fall between -1 and +1 (George & Mallery, 2001; Leech, Barrett, & Morgan, 2013).

The data related to environmental impact before membership of the Cittaslow Union have a skewness value of 0.329 and a kurtosis value of -0.299, both of which fall within the expected range of -1 to +1, suggesting a normal distribution. Similarly, the data after membership of the Cittaslow Union have a skewness of -0.492 and a kurtosis of 0.200, also within the acceptable range for a normal distribution. Finally, regarding data on the environmental impact of membership of the Cittaslow Union, the skewness value is -0.717 and the kurtosis value is 0.202, indicating a normal distribution.

To further analyze these findings, an independent sample t-test was conducted to determine if there were significant differences between genders in their perceptions of the environmental impact of joining the Cittaslow Union. The study found no significant differences between men and women in their perceptions of the environmental impact of Cittaslow membership before, after, and following their membership in the union. This suggests that gender does not play a significant role in determining individuals' perceptions of the environmental impact of Cittaslow membership.

**Table 3** Normal Distribution Analysis of Surveys Conducted in Perşembe District

Gender	N	Skewness		Kurtosis	
	Statistic	Statistic	Std. Error	Statistic	Std. Error
Before becoming a member of the Cittaslow Union	100	<b>0,329</b>	0,241	<b>-0,299</b>	0,478
After becoming a member of the Cittaslow Union	100	<b>-0,492</b>	0,241	<b>0,200</b>	0,478

Environmental impact following membership in the Cittaslow Union	100	<b>-0,717</b>	0,241	<b>0,202</b>	0,478
Valid N (listwise)	100				

Table 4 presents an analysis of gender disparities in the evaluation of participation in the Cittaslow Union in the Perşembe district. The table includes the results of Levene's Test for Equality of Variances and t-tests for Equality of Means to determine if significant differences exist between men and women in their perceptions of Cittaslow Union participation.

Levene's Test for Equality of Variances is a statistical test used to assess whether the variances of two or more groups are equal. In Table 4, this test determines whether there are differences in the variance of participation perceptions between genders. The results show that for each data pair (pre-membership, post-membership, and post-membership environmental impact), variances fall within an acceptable range, indicating similar variances among groups.

On the other hand, t-tests for Equality of Means determine whether there is a statistically significant difference between the means of two independent groups. In this case, it evaluates whether significant differences exist in how men and women perceive participation in the Cittaslow Union. The test results provide mean differences, standard errors, confidence intervals, and p-values for each data pair.

Table 4 findings suggest that there are no significant differences between men and women in their evaluation of Cittaslow Union participation. This implies that gender does not influence how individuals perceive the impact of Cittaslow membership. The statistical analysis provides valuable insights into gender dynamics within sustainable urban development initiatives and underscores the importance of inclusive and equitable participation in such programs.

**Table 4** Analysis of Gender Disparities in the Evaluation of Participation in the Cittaslow Union

		Levene's Test for Equality of Variances		t-test for Equality of Means							
		F	Sig.	t	df	Significance		Mean Difference	Std. Error Difference	95% Confidence Interval	
						One-Sided p	Two-Sided p			Lower	Upper
Before becoming a member of the Cittaslow Union	Equal variances assumed	0,00	<b>0,96</b>	-0,14	98,00	0,45	<b>0,89</b>	-0,10	0,73	-1,54	1,34
	Equal variances not assumed			-0,14	98,00	0,45	0,89	-0,10	0,73	-1,54	1,34
After becoming a member of the Cittaslow Union	Equal variances assumed	0,06	<b>0,81</b>	-0,21	98,00	0,42	<b>0,84</b>	-0,12	0,58	-1,28	1,04
	Equal variances not assumed			-0,21	97,78	0,42	0,84	-0,12	0,58	-1,28	1,04
Environmental impact following membership in the Cittaslow Union	Equal variances assumed	0,98	<b>0,32</b>	0,64	98,00	0,26	<b>0,52</b>	0,22	0,34	-0,46	0,90
	Equal variances not assumed			0,64	93,83	0,26	0,52	0,22	0,34	-0,46	0,90

Table 5 shows the analysis of social change in Perşembe District before and after membership of the Cittaslow Union. The mean values show a significant difference in the social aspects following



the membership in the Cittaslow Union. Before the membership, the mean value was 58.17 and after the membership it increased to 86.58. This increase indicates a positive impact on social change in the district after membership of the Cittaslow Union.

The results of the paired samples t-test indicate a statistically significant difference in social change before and after membership of the Cittaslow Union. Both pairs have p-values less than 0.001, indicating a high level of significance ( $t=61$ ,  $df=99$ ,  $p<0.001$ ). The confidence intervals also support the findings, demonstrating that membership in the Cittaslow Union has a substantial effect on social change. This statistical analysis confirms that membership in the Cittaslow Union has led to a significant social transformation in Perşembe District.

**Table 5** Analysis of Social Change in Perşembe District Before and After the Membership of Cittaslow Union

Paired Samples Statistics										
		Mean	N	Std. Deviation	Std. Error Mean					
Pair 1	Before becoming a member of the Cittaslow Union	58,17	100,00	3,61	0,36					
	After becoming a member of the Cittaslow Union	86,58	100,00	2,90	0,29					
Pair 2	Before becoming a member of the Cittaslow Union	58,17	100,00	3,61	0,36					
	Environmental impact following membership in the Cittaslow Union	27,47	100,00	1,71	0,17					
Paired Samples Test										
		Paired Differences					Significance			
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval		t	df	One-Sided p	Two-Sided p
					Lower	Upper				
Pair 1	Before becoming a member of the Cittaslow Union - After becoming a member of the Cittaslow Union	-28	5	0	-29	-27	-61	99	<,001	<0,001
Pair 2	Before becoming a member of the Cittaslow Union - Environmental impact following membership in the Cittaslow Union	31	4	0	30	31	76	99	<,001	<0,001

## 5. Discussion

This The study's discussion section delves into sustainable urban initiatives and the importance of community engagement in promoting positive transformations. It focuses on the impact of Cittaslow on the social structure of Perşembe district in Ordu province. The research highlights the role of the Cittaslow movement in promoting sustainable and participatory lifestyles in urban environments.

It emphasizes the multifaceted benefits of sustainable practices and advocates for a sustainable and inclusive way of life within communities. The study also highlights the pivotal role of the Cittaslow movement in this regard. The findings show that being a member of the Cittaslow Union has resulted in concrete social changes in Perşembe district. These changes include an increase in tourism activities, promotion of locally sourced products, and a decrease in vehicle noise pollution. These changes have not only enhanced the quality of life for residents but have also helped to create a more dynamic and environmentally aware community.

The demographic analysis conducted as part of the study shows a balanced income distribution and high levels of education among residents of Perşembe district. This balanced socio-economic profile fosters social cohesion within the community by ensuring equitable distribution of resources

and opportunities. Such fair distribution of resources can strengthen social bonds and promote inclusivity within the district.

Statistical tests assessing the impact of Cittaslow membership on social change show a significant difference before and after joining the Union. This statistical evidence emphasises the transformative effects of sustainable initiatives in urban environments and highlights the importance of movements like Cittaslow in driving positive change within cities.

The study's emphasis on promoting sustainability and community engagement aligns with global efforts to address urgent environmental and social challenges. Cities that prioritize principles of local identity preservation, sustainable urban living, and community participation can create more resilient and liveable environments for their residents. The Cittaslow movement offers a valuable framework for cities looking to improve their quality of life while preserving their unique cultural heritage.

Research on the social changes induced by participation in the Cittaslow Union highlights the significance of sustainable urban initiatives in promoting positive transformations within communities. Cities such as Perşembe, which embrace sustainability and community engagement principles, can lead the way towards a more inclusive, vibrant, and environmentally conscious future.

## 6. Conclusions

This study examines the impact of membership of the Cittaslow Union on social change, focusing on the district of Perşembe in the province of Ordu and highlighting the positive effects of sustainable initiatives on the urban environment. The Cittaslow movement aims to preserve local values, cultural heritage, and sustainable urban living. Perşembe and other cities aim to enhance their distinct identities and improve residents' quality of life in line with Cittaslow Union standards.

The study's methodology involved collecting data from 100 valid surveys to analyze social structure changes in Perşembe district. The results show that membership of the Cittaslow Union has led to significant social changes in Perşembe District. These modifications comprise an increase in tourism activities, promotion of locally sourced products, promotion of bicycle usage, and a reduction in vehicle noise pollution. These changes have had a tangible positive impact on the quality of life and social dynamics of the district, encouraging the adoption of a more sustainable and participatory lifestyle among its residents.

The demographic analysis of Perşembe district shows a balanced income distribution and high levels of education among its residents, which contributes to social cohesion within the community. Statistical analyses indicate a significant difference in social change before and after membership in the Cittaslow Union.

In conclusion, this study highlights the significance of the Cittaslow movement in promoting sustainability, social participation, and improving the quality of life. Cities that adopt the principles of preserving local identity and promoting sustainable urban living can create more liveable and vibrant environments for their residents. This research highlights the positive outcomes of joining the Cittaslow Union and sheds light on initiatives in urban planning and sustainable development.

## References

- Baldemir, E., Kaya, F., & Şahin, T. K. (2013). A management strategy within sustainable city context: Cittaslow. *Procedia-Social and Behavioral Sciences*, 99, 75-84.
- Carp, J. (2012a). *Cittaslow Mean Resilience*. *Alter Architectures Manifesto*: Paquot.
- Carp, J. (2012b). *The study of slow. Collaborative resilience: Moving through crisis to opportunity*, 99-125.
- Cittaslow. (2020). *Yaşamın İyi Olduğu Uluslararası Şehirler Ağı*. Retrieved from <https://cittaslowturkiye.org/tr/>
- Creswell, J. W. (2013). *Nitel araştırma yöntemleri. Qualitative research methods*. M. Bütün & SB Demir, Trans. (Eds.). İstanbul: Siyasal Kitapevi.
-

- Çakar, D. (2016). *Kültürel mirası koruma bağlamında “yavaş şehir”(cittaslow) hareketi: Türkiye örneği*. (Yüksek Lisans Tezi). Dokuz Eylül Üniversitesi, İzmir.
- Dogrusoy, I. T., & Dalgakiran, A. (2011). An alternative approach in sustainable planning: Slow urbanism. *ArchNet-IJAR: International Journal of Architectural Research*, 5(1), 127.
- Erdoğan, N. (2020). Evaluation of Cittaslow Standards' Traditional Urban Texture and Buildings Aspects: From Traditional to Cittaslow-Taraklı Case. *Journal of Architectural Sciences and Applications*, 5(1), 108-118.
- George, D., & Mallery, P. (2001). *SPSS for Windows*. Needham Heights, MA: A Pearson Education.
- Kiper, P. (2004). Küreselleşme sürecinde kentlerimize giren yeni tüketim mekanları ve yitirilen kent kimlikleri. *Planlama Dergisi*, 4(30), 14-19.
- Knox, P. L. (2005). Creating ordinary places: Slow cities in a fast world. *Journal of urban design*, 10(1), 1-11.
- Kriksciuniene, D., Sakalauskas, V., & Lewandowski, R. (2019). *Evaluating the interdependent effect for Likert scale items*. Paper presented at the Business Information Systems Workshops: BIS 2019 International Workshops, Seville, Spain, June 26–28, 2019, Revised Papers 22.
- Leech, N., Barrett, K., & Morgan, G. A. (2013). *SPSS for intermediate statistics: Use and interpretation*: Routledge.
- Likert, R. (1932). *A technique for the measurement of attitudes*. Archives of psychology.
- Mayer, H., & Knox, P. L. (2006). Slow cities: Sustainable places in a fast world. *Journal of urban affairs*, 28(4), 321-334.
- Miele, M. (2008). CittàSlow: Producing Slowness against the Fast Life. *Space and Polity*, 12(1), 135-156. doi:10.1080/13562570801969572
- Nilsson, J. H., Svård, A.-C., Widarsson, Å., & Wirell, T. (2011). 'Cittaslow' eco-gastronomic heritage as a tool for destination development. *Current Issues in Tourism*, 14(4), 373-386.
- Orhan, M. (2017). Different approach to forming sustainable cities: Cittaslow. *J. Environ. Prot. Ecol*, 18, 1017-1026.
- Özmen, A. (2016). *Tarihi “Cittaslow “yerleşimlerinde kentsel ve mimari koruma ilkeleri*.
- Özmen, A., & Can, M. C. (2018). Cittaslow hareketi'ne eleştirel bir bakış. *Planlama (TMMOB)*, 28(2), 91-101.
- Pink, S. (2008). *The sensory sociality of ethnographic place-making*.
- Radstrom, S. J. (2006). *An urban identity movement rooted in the sustainability of place: A case study of slow cities and their application in rural Manitoba*.
- Radstrom, S. J. (2014). A Place Sustaining framework for local urban identity: An introduction and history of Cittaslow. *Italian Journal of Planning Practice*, 1(1), 90-113.
- Senetra, A., & Szarek-Iwaniuk, P. (2020). Socio-economic development of small towns in the Polish Cittaslow Network—A case study. *Cities*, 103, 102758.
- Temel, E. B. (2018). Sürdürülebilir mimari bağlamında yavaş şehir (Cittaslow) hareketi ve Taraklı örneği. Mimar Sinan Güzel Sanatlar Üniversitesi, İstanbul.
- TÜİK. (2024). *Türkiye Nüfusu İl ilçe Mahalle Köy Nüfusları*. Retrieved from <https://www.nufusune.com/persembe-ilce-nufusu-ordu>
- Uğurlu, B. (2019). *Sakin şehir (cittaslow) kavramının kentsel tasarıma etkisine yönelik bir araştırma: Vize-Kırklareli*. Trakya Üniversitesi, Fen Bilimleri Enstitüsü, Edirne.
- Vikipedi. (2020). Cittaslow. Retrieved from <https://tr.wikipedia.org/wiki/Cittaslow>

## Resume

Asst. Prof. Dr. Hüseyin ÖZDEMİR completed his doctorate in the Department of Architecture at the Faculty of Architecture and Design, Konya Technical University. He received his M.Sc. degree from the Faculty of Architecture, Eskişehir Osmangazi University. Currently, he is working in the Architecture Department of the Engineering and Architecture Faculty at Tokat Gaziosmanpaşa University. The researcher's work focuses on climate-responsive design, deep learning, architectural education, parametric design, digital design, and universal design.