

Πρόγραμμα Μεταπτυχιακών Σπουδών Εξειδίκευσης
του Τμήματος Ελληνικής Φιλολογίας του Δημοκριτείου Πανεπιστημίου Θράκης
σε συνεργασία με το
ΕΚΕΦΕ Δημόκριτος – Ινστιτούτο Πληροφορικής και Επικοινωνιών
με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της ένταξης»

**ΕΡΓΑΖΟΜΕΝΗ ΜΝΗΜΗ ΚΑΙ ΠΡΟΣΟΧΗ
ΣΕ ΣΧΕΣΗ ΜΕ Τ.Π.Ε. ΚΑΙ ΑΛΛΟΥΣ ΠΑΡΑΓΟΝΤΕΣ – ΔΕΠ - Υ**

**WORKING MEMORY AND ATTENTION
IN RELATION TO ICTs AND OTHER FACTORS - ADHD**

της

Ζαβιτσάνου Αγγελικής Μαρίας

Μεταπτυχιακή διατριβή που υποβάλλεται
στην τριμελή επιτροπή για την απόκτηση του μεταπτυχιακού τίτλου του
Προγράμματος Μεταπτυχιακών Σπουδών Εξειδίκευσης
του Τ.Ε.Φ-Δ.Π.Θ. σε συνεργασία με το Ε.Κ.Ε.Φ.Ε. Δημόκριτος – Ινστιτούτο
Πληροφορικής και Επικοινωνιών
με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της ένταξης»

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ΠΕΡΙΛΗΨΗ

Η εργαζόμενη μνήμη και προσοχή θεωρούνται βασικές γνωστικές λειτουργίες. Τα ελλείμματα σε αυτές δημιουργούν προβλήματα και επηρεάζουν την καθημερινότητα. Η διαταραχή Ελλειμματικής Προσοχής - Υπερκινητικότητα (ΔΕΠ - Υ) σχετίζεται με αυτές τις δύο γνωστικές δεξιότητες. Αρκετές είναι οι μελέτες εκείνες που αναφέρουν τη σημαντικότητα ενίσχυσης της μνήμης και της προσοχής. Η παρούσα έρευνα βασίστηκε σε άρθρα επιστημονικών περιοδικών, με σκοπό να διερευνήσει μερικούς παράγοντες που επιδρούν θετικά ή αρνητικά στη μνήμη, την προσοχή άρα και τη ΔΕΠ - Υ. Τα αποτελέσματα έδειξαν ότι οι Τεχνολογίες της Πληροφορίας και Επικοινωνίας (ΤΠΕ), οι περιβαλλοντικοί παράγοντες, η διατροφή, οι ορμόνες, οι νευροδιαβιβαστές και οι εναλλακτικές τεχνικές σχετίζονται άμεσα με τη μνήμη και την προσοχή. Έτσι καταλήξαμε στο συμπέρασμα ότι μπορούμε να παρέμβουμε στα ελλείμματα των γνωστικών λειτουργιών μέσω των παραπάνω παραγόντων.

ABSTRACT

Working memory and attention are considered basic cognitive functions. Deficits in them create problems and affect everyday life. The Attention Deficit Hyperactivity Disorder (ADHD) is related to these cognitive skills. There are several studies that mention the importance of enhancing memory and attention. This research has been based on articles in scientific journals to explore some factors that have a positive or negative effect on memory, attention and ADHD. The results have shown that Information and Communication Technologies (ICT), environmental factors, nutrition, hormones, neurotransmitters and alternative techniques are directly related to memory and attention. Thus, we have come to the conclusion that we can intervene in the deficits of cognitive functions through the above factors.

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