



**Δια-Ιδρυματικό – Διατμηματικό Πρόγραμμα Μεταπτυχιακών Σπουδών του  
Τμήματος Ελληνικής Φιλολογίας του Δημοκριτείου Πανεπιστημίου Θράκης και  
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"Δημόκριτος"**

**Διπλωματική εργασία**

Επίδραση παρεμβατικού προγράμματος στις επιδόσεις ενήλικων ατόμων στο  
φάσμα του αυτισμού σε τεστ χρόνου αντίδρασης σε οπτικό και ακουστικό ερέθισμα

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## Περίληψη

Σκοπός της παρούσας έρευνας ήταν ο έλεγχος της επίδρασης παρεμβατικού προγράμματος, στη βελτίωση του χρόνου αντίδρασης σε οπτικό και ακουστικό ερέθισμα ενηλίκων ατόμων στο φάσμα του αυτισμού. Το δείγμα της μελέτης αποτέλεσαν 12 άτομα με ΔΑΦ ηλικίας 19-40 ετών εκπαιδευόμενοι του Κέντρου Ειδικής Εκπαίδευσης Παιδιών με Ειδικές Ανάγκες (Κ.Ε.Ε.Π.Ε.Α) «Ορίζοντες». Μετρήθηκε ο χρόνος αντίδρασης σε οπτικό ερέθισμα με την διαδικτυακή δοκιμασία «red light-green light reaction time test» και ο χρόνος αντίδρασης σε ακουστικό ερέθισμα με την διαδικτυακή δοκιμασία «sound reaction time». Το πρόγραμμα παρέμβασης περιείχε 6 παιχνίδια βελτίωσης του χρόνου αντίδρασης και η συνολική του διάρκεια ήταν 5 εβδομάδες (15 εκπαιδευτικές μονάδες), με συχνότητα εφαρμογής 3 φορές την εβδομάδα και διάρκεια κάθε εκπαιδευτικής μονάδας 20 με 25 λεπτά. Τόσο το πρόγραμμα παρέμβασης όσο και οι μετρήσεις πραγματοποιήθηκαν στο κλειστό γυμναστήριο Κ.Ε.Ε.Π.Ε.Α «Ορίζοντες». Για την ανάλυση των αποτελεσμάτων χρησιμοποιήθηκε περιγραφική στατιστική, περιγράφεται δηλαδή για τον κάθε εκπαιδευόμενο η διαφορά που παρατηρήθηκε μετά και το τέλος του προγράμματος παρέμβασης. Σύμφωνα με τα αποτελέσματα ο χρόνος αντίδρασης των συμμετεχόντων στο οπτικό ερέθισμα επιδεινώθηκε ενώ αντίθετα ο χρόνος αντίδρασης των συμμετεχόντων μετά και το τέλος της παρέμβασης στο ακουστικό ερέθισμα βελτιώθηκε.

*Λέξεις κλειδιά :* ΔΑΦ, ανταπόκριση σε ερεθίσματα, ενήλικες.

Με αφορμή αυτά τα αποτελέσματα μια μελλοντική έρευνα σε ανήλικα άτομα στο φάσμα του αυτισμού για τη βελτίωση του χρόνου αντίδρασης ίσως οδηγούσε σε πιο ενθαρρυντικά αποτελέσματα.

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