

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»

Η ΘΕΤΙΚΗ ΨΥΧΟΛΟΓΙΑ ΚΑΙ Η ΕΦΑΡΜΟΓΗ ΤΗΣ ΣΤΑ ΑΤΟΜΑ ΜΕ
ΜΑΘΗΣΙΑΚΕΣ ΔΥΣΚΟΛΙΕΣ ΚΑΙ ΕΙΔΙΚΕΣ ΜΑΘΗΣΙΑΚΕΣ ΔΥΣΚΟΛΙΕΣ

POSITIVE PSYCHOLOGY AND ITS APPLICATION TO PEOPLE WITH
LEARNING DIFFICULTIES AND SPECIAL LEARNING DIFFICULTIES

της
Μπάτσου Αλεξάνδρας Α.Μ: 204

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
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ΠΕΡΙΛΗΨΗ

Η θετική ψυχολογία έχει αποδείξει τα τελευταία χρόνια ότι έχει άμεσες και σαφείς εφαρμογές σε όλους τους τομείς της ανθρώπινης καθημερινής λειτουργίας, αφού βοηθάει τους ανθρώπους να προσδιορίσουν και να βελτιώσουν τα δυνατά τους σημεία, έτσι ώστε να λειτουργήσουν σε καλύτερο επίπεδο, πετυχαίνοντας μια ζωή με νόημα και χαρά. Ιδιαίτερα στον τομέα της εκπαίδευσης, που μας ενδιαφέρει περισσότερο στην παρούσα εργασία, υπάρχουν μελέτες που αναφέρονται σε εφαρμογές, οι οποίες μπορούν να επιτευχθούν μέσω προγραμμάτων παρέμβασης της θετικής ψυχολογίας, των εναλλακτικών τεχνικών και της θετικής τεχνολογίας σε άτομα με μαθησιακές και ειδικές μαθησιακές δυσκολίες. Οι έρευνες έχουν δείξει ότι τα άτομα με μαθησιακές και ειδικές μαθησιακές δυσκολίες παρουσιάζουν, εκτός από ελλείψεις, και δυνατά στοιχεία στο χαρακτήρα. Η παρούσα εργασία διερεύνησε πώς οι εφαρμογές της θετικής ψυχολογίας βελτιώνουν τη συγκεκριμένη κατηγορία, ως προς τις δυσκολίες τους, κυρίως μέσω του προσδιορισμού και της ενίσχυσης των δυνάμεων με απώτερο στόχο την εξέλιξη των ατόμων. Τα αποτελέσματα έδειξαν ότι η θετική ψυχολογία, οι εναλλακτικές τεχνικές και η θετική τεχνολογία έχουν άμεση σχέση με τη μείωση των αδύνατων στοιχείων, την καλλιέργεια των δυνατών και την «άνθιση» των ατόμων με μαθησιακές και ειδικές μαθησιακές δυσκολίες. Τέλος, καταλήξαμε στο συμπέρασμα ότι μπορούν να εφαρμοστούν θετικά προγράμματα παρέμβασης, αν γίνουν οι κατάλληλες προσαρμογές, έτσι ώστε να διευκολυνθούν, ως προς την πρόσβαση, τα άτομα με μαθησιακές και ειδικές μαθησιακές δυσκολίες.

ΛΕΞΕΙΣ-ΚΛΕΙΔΙΑ

Θετική Ψυχολογία, Μαθησιακές Δυσκολίες, Ειδικές Μαθησιακές Δυσκολίες, Δυσλεξία, Παρέμβαση, Εναλλακτικές Θεραπείες, Θετική Τεχνολογία

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Χρήσιμοι σύνδεσμοι:

www.ippanetwork.org

International Positive Psychology Association / Διεθνής Ένωση Θετικής Ψυχολογίας.

<http://www.enpp.eu/>

Ιστοσελίδα του Ευρωπαϊκού Δικτύου Θετικής Ψυχολογίας / European Network for Positive Psychology – ENPP.

<http://www.ipositive-education.net/>

Διεθνές Δίκτυο Θετικής Εκπαίδευσης / International Positive Education Network – IPEN.

<https://ppc.sas.upenn.edu/>

Επίσημη ιστοσελίδα του ερευνητικού κέντρου της θετικής ψυχολογίας, υπό τη διεύθυνση του Martin Seligman. Επιπλέον, περιλαμβάνει οδηγίες για το πρόγραμμα ανθεκτικότητας, το Penn Resiliency Program Penn / PRP.

<https://www.authentic happiness.sas.upenn.edu/>

Περιλαμβάνει κείμενα, videos, έρευνες για τη θετική ψυχολογία.

<https://www.viacharacter.org/Account/Register>

Το VIA Institute on Character αποτελεί μη κερδοσκοπικό οργανισμό, στο Ohio των ΗΠΑ, το οποίο είναι αφιερωμένο στο να γνωστοποιήσει την επιστήμη των δυνατών στοιχείων χαρακτήρα (character strengths) στον κόσμο, μέσω της υποστήριξης της έρευνας, της δημιουργίας, της στάθμισης ερευνών και της ανάπτυξης πρακτικών εργαλείων για άτομα και επαγγελματίες.

<https://greatergood.berkeley.edu/>

Το Greater Good Science Center μελετά την ψυχολογία, κοινωνιολογία και νευροεπιστήμη του «ευ ζην» και διδάσκει δεξιότητες που αποσκοπούν στην καλλιέργεια μιας ακμάζουσας, ανθεκτικής και συμπονετικής κοινωνίας.

<https://appreciativeinquiry.champlain.edu/>

Παγκόσμιος σύνδεσμος που επικεντρώνεται στην διάδοση ακαδημαϊκών πόρων και πρακτικών εργαλείων πάνω στη Θετική Διερεύνηση και την ταχύτατα αναπτυσσόμενη επιστήμη της θετικής αλλαγής.

<https://worlddatabaseofhappiness.eur.nl/>

Χρήσιμο αρχείο με ερευνητικά ευρήματα σχετικά με την υποκειμενική απόλαυση της ζωής (ευτυχία).

<https://research.cgu.edu/quality-of-life-center/>

Το «Ερευνητικό Κέντρο Ποιότητας ζωής» (Quality of Life Research Center / QLRC), διευθύνεται από τον Mihaly Csikszentmihalyi, και διερευνά τη Θετική Ψυχολογία.

<https://www.isoqol.org/>

Διεθνής ιστοσελίδα με πληροφορίες για την ποιότητα ζωής, η οποία έχει ως σκοπό να προωθήσει την επιστημονική μελέτη σχετικά με το συγκεκριμένο θέμα.

<https://www.pesa.edu.au/>

Ο Σύνδεσμος Σχολείων Θετικής Εκπαίδευσης έχει ως στόχο να προωθήσει την εφαρμογή και την ανάπτυξη της θετικής ψυχολογίας και τις εφαρμογές της στο χώρο της εκπαίδευσης.

<https://positiveorgs.bus.umich.edu/about/>

Ερευνητικό κέντρο που ενημερώνει με έρευνες φοιτητές και ηγέτες μέσω άρθρων, βιβλίων, εκδηλώσεων, εργαλείων, διδασκαλίας και συνεργασιών μεταξύ οργανισμών.

<https://positivepsychologynews.com/>

Οι συγγραφείς του Positive Psychology News Daily είναι φοιτητές ή απόφοιτοι το Μεταπτυχιακού προγράμματος στην Εφαρμοσμένη Θετική Ψυχολογία (Master of Applied Positive Psychology – MAPP) του University of Pennsylvania ή του University of East London.

<http://internal.psychology.illinois.edu/~ediener/>

Η ιστοσελίδα του Ed Diener

<http://sonjalyubomirsky.com/>

Η ιστοσελίδα της Sonja Lyubomirsky με θέματα σχετικά με την ευτυχία.

<https://mappalicious.com/>

Χρήσιμες πηγές με βιβλία, άρθρα, TED talks και άλλο χρήσιμο υλικό σε θέματα θετικής ψυχολογίας.

<https://www.livehappy.com/>

Το περιοδικό Live Happy βοηθάει τους ανθρώπους να ανακαλύψουν το προσωπικό τους ταξίδι ευτυχίας στη ζωή, στη δουλειά και στο σπίτι.

(Πηγή: Ελληνική Εταιρία Θετικής Ψυχολογίας / ΕΕΘΕΨΥ. Ανακτήθηκαν στις 12/11/20 από: <https://www.positiveemotions.gr/xrisimoi-syndesmoi>).

<https://growing-sound.com/>

Τραγούδια θετικής ψυχολογίας