

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

Προβλήματα συμπεριφοράς σε παιδιά με διαταραχή του αυτιστικού φάσματος

Behavior problems in children with autism spectrum disorder

της

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Μεταπτυχιακή διατριβή που υποβάλλεται
στην τριμελή επιτροπή για την απόκτηση του μεταπτυχιακού τίτλου του
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ΠΕΡΙΛΗΨΗ

Προβλήματα συμπεριφοράς, όπως η στερεοτυπία, η επιθετικότητα και ο αυτοτραυματισμός, παρατηρούνται συχνά στα παιδιά με διαταραχή του αυτιστικού φάσματος (ΔΑΦ). Οι εν λόγω συμπεριφορές προκαλούν άγχος στους φροντιστές ως προς τη διαχείρισή τους, ενώ συνάμα αποτελούν εμπόδιο στην κοινωνική ζωή αυτού του πληθυσμού. Η παρούσα εργασία είναι μια βιβλιογραφική ανασκόπηση που βασίστηκε κατ' εξοχήν σε άρθρα επιστημονικών περιοδικών με σκοπό τη διερεύνηση των τριών ανωτέρω τύπων προβληματικής συμπεριφοράς που εκδηλώνουν παιδιά με ΔΑΦ, τους παράγοντες επικινδυνότητας μη τυπικών συμπεριφορών γενικότερα, καθώς και τα είδη παρέμβασης που μπορούν να τις αντιμετωπίσουν. Τα αποτελέσματα έδειξαν ότι ένα μεγάλο ποσοστό των παιδιών με ΔΑΦ, ξεπερνώντας ακόμα και το 50%, παρουσιάζουν στερεοτυπία, επιθετικότητα ή αυτοτραυματισμό. Η εκδήλωση μη τυπικών συμπεριφορών εξαρτάται από διάφορους παράγοντες, εκ των οποίων οι κυριότεροι είναι τα προβλήματα ύπνου, τα γλωσσικά ελλείμματα, η νοητική αναπηρία και το άγχος. Ωστόσο παρεμβάσεις που στηρίζονται στην ενσυνειδητότητα (mindfulness), τη σωματική άσκηση και τα κοινωνικά ρομπότ μπορούν να τις αντιμετωπίσουν αποτελεσματικά. Από όσα προαναφέραμε, καταλήξαμε στο συμπέρασμα ότι έχοντας γνώση των παραγόντων επικινδυνότητας των προκλητικών συμπεριφορών, μπορεί να προληφθεί η εκδήλωση τους και τέλος εφαρμόζοντας καινοτόμα προγράμματα παρέμβασης μπορεί να μειωθεί η συχνότητα εμφάνισης τους, διδάσκοντας παράλληλα στα συγκεκριμένα παιδιά και κοινωνικές δεξιότητες.

ΛΕΞΕΙΣ-ΚΛΕΙΔΙΑ: διαταραχή του αυτιστικού φάσματος, παιδιά, προβλήματα συμπεριφοράς, στερεοτυπία, επιθετικότητα, αυτοτραυματισμός, παράγοντες επικινδυνότητας, προγράμματα παρέμβασης, ενσυνειδητότητα, σωματική άσκηση, κοινωνικά ρομπότ.

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