

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»

Η ΣΥΝΑΙΣΘΗΜΑΤΙΚΗ ΝΟΗΜΟΣΥΝΗ ΣΤΗ ΔΙΑΤΑΡΑΧΗ ΑΥΤΙΣΤΙΚΟΥ ΦΑΣΜΑΤΟΣ

EMOTIONAL INTELLIGENCE IN AUTISM SPECTRUM DISORDER

της

Γρατσάνη Αικατερίνης

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 Τηλεπικοινωνιών
Με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της Ένταξης»

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ΠΕΡΙΛΗΨΗ

Η Διαταραχή Αυτιστικού Φάσματος (ΔΑΦ) είναι μια νευροαναπτυξιακή διαταραχή που χαρακτηρίζεται από ελλείμματα στην επικοινωνία και την κοινωνική αλληλεπίδραση και περιορισμένα, επαναλαμβανόμενα μοτίβα σε συμπεριφορές, ενδιαφέροντα και δραστηριότητες. Τα συμπτώματα εμφανίζονται νωρίς στην ανάπτυξη και επηρεάζουν την καθημερινή λειτουργία των ατόμων με αυτισμό. Ο όρος «φάσμα» χρησιμοποιείται λόγω της ετερογένειας στην παρουσίαση και τη σοβαρότητα των συμπτωμάτων του αυτισμού, καθώς και στις δεξιότητες και το επίπεδο λειτουργικότητας των ατόμων με τη διαταραχή αυτή. Η συναισθηματική νοημοσύνη ή νοημοσύνη της καρδιάς αναφέρεται σε ποικίλες δεξιότητες, όπως το να μπορείς να βρίσκεις κίνητρα για τον εαυτό σου και να αντέχεις τις απογοητεύσεις, να ελέγχεις και να ρυθμίζεις σωστά την διάθεση σου και να έχεις ενσυναίσθηση και ελπίδα. Σε αντίθεση με τον ΔΝ (IQ) που έχει γνωρίσει πολλά χρόνια μελέτης σε εκατοντάδες χιλιάδες ανθρώπους, η συναισθηματική νοημοσύνη (Emotional Intelligence EI) είναι μια νέα έννοια. Κανένας δεν μπορεί ακόμα να πει με ακρίβεια σε ποιο βαθμό ευθύνεται για τις διαφορές των ανθρώπων στη ζωή τους. Από τα δεδομένα φαίνεται πως ότι μπορεί να είναι εξίσου και μερικές φορές πιο ισχυρή από το ΔΝ. Παρόλο που υπάρχουν εκείνοι που ισχυρίζονται ότι ο ΔΝ δεν μπορεί να μεταβληθεί σημαντικά από την εμπειρία ή την αγωγή, αποδεικνύεται ότι οι καίριες συναισθηματικές ικανότητες μπορεί να μεταβληθούν και να βελτιωθούν στα παιδιά με αυτισμό, αν βέβαια μπορούμε στον κόπο να τις διδάξουμε. Η παρούσα έρευνα είναι μία βιβλιογραφική ανασκόπηση η οποία εστιάζει στην συναισθηματική νοημοσύνη στη διαταραχή αυτιστικού φάσματος, εστιάζοντας στη χρήση των Τεχνολογιών Πληροφορικής και Επικοινωνιών (Τ.Π.Ε.) και της Ρομποτικής. Τα αποτελέσματα έδειξαν ότι η εφαρμογή των κατάλληλων μεθόδων μπορεί να βελτιώσει αποτελεσματικά την εμφάνιση βασικών συμπτωμάτων του αυτισμού, όπως την κοινωνική αλληλεπίδραση, τη βλεμματική επαφή, τα συμπεριφορικά προβλήματα, τις κοινωνικές δεξιότητες, τη βελτίωση της αίσθησης του εαυτού και την καλύτερη κατανόηση των συναισθημάτων στα άτομα που εφαρμόζεται. Επομένως, καταλήγουμε στο συμπέρασμα ότι η συναισθηματική νοημοσύνη μπορεί να αναπτυχθεί στις Διάχυτες Αναπτυξιακές Διαταραχές (αυτισμός).

ΛΕΞΕΙΣ ΚΛΕΙΔΙΑ: Διάχυτες Αναπτυξιακές Διαταραχές, αυτισμός, Συναισθηματική Νοημοσύνη, DSM-5, κοινωνικά ελλείμματα, νευροαναπτυξιακές διαταραχές

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Ιστοσελίδες

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