ΔΗΜΟΚΡΙΤΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΡΑΚΗΣ

ΣΧΟΛΗ ΚΛΑΣΙΚΩΝ ΚΑΙ ΑΝΘΡΩΠΙΣΤΙΚΩΝ ΣΠΟΥΔΩΝ

ΤΜΗΜΑ ΕΛΛΗΝΙΚΗΣ ΦΙΛΟΛΟΓΙΑΣ

σε συνεργασία με το

ΕΘΝΙΚΟ ΚΕΝΤΡΟ ΕΡΕΥΝΑΣ ΦΥΣΙΚΩΝ ΕΠΙΣΤΗΜΩΝ «ΔΗΜΟΚΡΙΤΟΣ»

ΙΝΣΤΙΤΟΥΤΟ ΠΛΗΡΟΦΟΡΙΚΗΣ ΚΑΙ ΤΗΛΕΠΙΚΟΙΝΩΝΙΩΝ

ΔΙΙΔΡΥΜΑΤΙΚΟ ΠΡΟΓΡΑΜΜΑ ΜΕΤΑΠΤΥΧΙΑΚΩΝ ΣΠΟΥΔΩΝ:

ΕΞΕΙΔΙΚΕΥΣΗ ΣΤΙΣ Τ.Π.Ε. ΚΑΙ ΕΙΔΙΚΗ ΑΓΩΓΗ – ΨΥΧΟΠΑΙΔΑΓΩΓΙΚΗ ΤΗΣ ΕΝΤΑΞΗΣ

ΜΕΤΑΠΤΥΧΙΑΚΗ ΔΙΑΤΡΙΒΗ

<<ΔΙΑΧΕΙΡΙΣΗ ΑΓΧΟΥΣ ΚΑΙ ΣΤΡΕΣ ΣΕ ΑΤΟΜΑ ΜΕ ΔΙΑΤΑΡΑΧΗ ΑΥΤΙΣΤΙΚΟΥ ΦΑΣΜΑΤΟΣ ΜΕΣΩ ΤΗΣ ΑΘΛΗΤΙΚΗΣ ΔΡΑΣΤΗΡΙΟΤΗΤΑΣ>>

Του Απιδόπουλου Λάζαρου (Α.Μ. 497)) με Επιβλέπουσα Καθηγήτρια την Σταθοπούλου Αγάθη

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»

Εγκεκριμένο από την τριμελή επιτροπή:

1η Επιβλέπουσα: Δρ. Αγάθη Σταθοπούλου

2η Επιβλέπουσα Δρ. Ζωή Καραμπατζάκη

3η Επιβλέπουσα Δρ. Ζαχαρούλα Ταβουλάρη

Αθήνα, 2023

Περίληψη

Το άγχος και το στρες είναι βασικά χαρακτηριστικά που αναγνωρίζονται στα άτομα με Διαταραχή Αυτιστικού Φάσματος (ΔΑΦ), τα οποία δημιουργούν εμπόδια στην παρέμβαση και στην ανάπτυξη των απαραίτητων δεξιοτήτων τους. Τα τελευταία χρόνια η φυσική άσκηση και η αθλητική δραστηριότητα αποτελούν αντικείμενο έρευνας για την επίδραση που έχουν στη ψυχική υγεία και στις διανοητικές λειτουργίες σε τυπικούς πληθυσμούς, κάτι το οποίο έχει αρχίσει να διευρύνεται και να γίνεται πεδίο μελέτης και σε μη τυπικά άτομα.

Στη παρούσα εργασία γίνεται συστηματική βιβλιογραφική ανασκόπηση ερευνών και μελετών μεταγενέστερων του 2013, με σκοπό να διερευνηθεί είτε άμεσα, είτε έμμεσα, η επίδραση της φυσικής άσκησης και αθλητικής δραστηριότητας στη διαχείριση του άγχους και του στρες σε άτομα με ΔΑΦ. Από τη μελέτη της βιβλιογραφίας φαίνεται πως υπάρχει θετική επίδραση, είτε άμεσα, είτε με την βελτίωση δεξιοτήτων που τα άτομα με ΔΑΦ υστερούν και αυτές οι ελλείψεις τους δημιουργούν άγχος και στρες.

Γίνεται μία περιγραφή των κύριων χαρακτηριστικών των ατόμων με ΔΑΦ και των ελλείψεων που τους δημιουργούν άγχος. Έπειτα γίνεται μελέτη της φυσικής άσκησης στην ψυχική και διανοητική υγεία και πως ωφελεί διάφορους πληθυσμούς. Με βάση τα αποτελέσματα της συστηματικής ανασκόπησης των 5 ερευνών που μελετήθηκαν, φαίνεται πως η αθλητική δραστηριότητα βοήθησε στη μείωση των επιπέδων άγχους και στρες σε άτομα με ΔΑΦ.

Λέξεις – κλειδιά: ΔΑΦ, άγχος, στρες, κοινωνικές δεξιότητες, επικοινωνία, φυσική άσκηση, αθλητική δραστηριότητα, ψυχική υγεία.

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