

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»

ΘΟΥΡΥΒΟΣ (DESIBEL LEVELS) ΣΤΗΝ ΤΑΞΗ ΚΑΙ ΣΤΟ ΣΠΙΤΙ ΚΑΙ Ο ΡΟΛΟΣ ΤΟΥ ΣΤΗΝ ΕΙΔΙΚΗ ΑΓΩΓΗ

NOISE (DESIBEL LEVELS) IN THE CLASSROOM AND AT HOME AND ITS ROLE IN SPECIAL EDUCATION

της
Δόνα 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
Επικοινωνιών
με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της ένταξης»

Εγκεκριμένο από την τριμελή επιτροπή:

1ος Επιβλέπων: Δρ. Δρίγκας Αθανάσιος,
Ερευνητής Α' βαθμίδας, Ι.Π.Τ.
Ε.Κ.Ε.Φ.Ε. "ΔΗΜΟΚΡΙΤΟΣ"

2η Επιβλέπουσα: , Συνεργαζόμενη Ερευνήτρια, Ι.Π.Τ.
Ε.Κ.Ε.Φ.Ε. "ΔΗΜΟΚΡΙΤΟΣ"

3ος Επιβλέπων: , Συνεργαζόμενος Ερευνητής Ι.Π.Τ.
Ε.Κ.Ε.Φ.Ε. "ΔΗΜΟΚΡΙΤΟΣ"

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ΠΕΡΙΛΗΨΗ

Ήδη από τις αρχές του εικοστού αιώνα, ο βραβευμένος με Νόμπελ βακτηριολόγος Ρόμπερτ Κοχ προέβλεψε ότι «μια μέρα, ο άνθρωπος θα πρέπει να καταπολεμήσει τον θόρυβο τόσο έντονα όσο η χολέρα και η πανούκλα». Οι πιο πρόσφατες κατευθυντήριες γραμμές του Π.Ο.Υ. για τον περιβαλλοντικό θόρυβο στην Ευρώπη περιλαμβάνουν σημαντικά στοιχεία που συνδέουν την έκθεση στον περιβαλλοντικό θόρυβο με αρνητικές επιπτώσεις στην υγεία. Αρκετές έρευνες έχουν δείξει συσχετισμούς μεταξύ του περιβαλλοντικού θορύβου και των συμπτωμάτων της ΔΕΠΥ. Οι επιδράσεις των περιβαλλοντικών ακουστικών ερεθισμάτων στις ακαδημαϊκές και γνωστικές επιδόσεις των παιδιών με ΔΑΦ έχουν επίσης αποτελέσει αντικείμενο ερευνών. Ωστόσο, τα τελευταία χρόνια υποστηρίζεται ότι υπάρχει θετική επίδραση στην απόδοση από ορισμένους θορύβους υποβάθρου για παιδιά με ΔΕΠΥ, συμπεριλαμβανομένων του λευκού και ροζ θορύβου, της φωνητικής μουσικής κ.α., οπότε ορισμένοι θόρυβοι μπορεί να έχουν οφέλη αυξάνοντας το επίπεδο διέγερσης των παιδιών με ΔΕΠΥ, σε ένα ιδανικό επίπεδο. Επομένως οι ήχοι που συνήθως θεωρούνται "αποσπασματικοί" μπορεί να είναι ωφέλιμοι για αυτά. Τα ευρήματα αυτά συνάδουν με την υπόθεση της μέτριας εγκεφαλικής διέγερσης (MBA), η οποία αναφέρει ότι τα παιδιά με ΔΕΠΥ αποδίδουν καλύτερα όταν εκτίθενται σε ερεθίσματα που προκαλούν MBA στο σύστημα ντοπαμίνης, αντίθετα όταν εκτίθενται σε πολύ λίγα ή πάρα πολλά ερεθίσματα, η απόδοση επηρεάζεται αρνητικά. Σκοπός της παρούσας ανασκόπησης είναι να εξετάσει τις υπάρχουσες προσεγγίσεις για την αντιμετώπιση της ΔΕΠΥ και του αυτισμού και να διερευνήσει πώς διάφοροι θόρυβοι υποβάθρου επηρεάζουν τις ακαδημαϊκές και γνωστικές επιδόσεις, καθώς και τη συμπεριφορική ανάπτυξη των παιδιών με ειδικές εκπαιδευτικές ανάγκες. Τα αποτελέσματα έδειξαν ότι ο λευκός θόρυβος μπορεί να βοηθήσει τους νέους με ΔΕΠΥ ενισχύοντας τον στοχαστικό συντονισμό. Τα παιδιά με ΔΕΠΥ που λαμβάνουν θεραπευτικό λευκό θόρυβο έχουν βελτιώσεις στην ταχύτητα ανάγνωσης και γραφής, την προσοχή, κάποιες δεξιότητες της εργαζόμενης μνήμης και σε κάποιες συμπεριφορές εκτός εργασίων.

ΛΕΞΕΙΣ ΚΛΕΙΔΙΑ

ADHD, ASD, Noise Sensitivity, Sound, Noise, White Noise, Pink Noise

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