



ΔΗΜΟΚΡΙΤΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΡΑΚΗΣ  
ΣΧΟΛΗ ΚΛΑΣΣΙΚΩΝ 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

### ΤΙΤΛΟΣ ΕΡΓΑΣΙΑΣ

**<<Εκφοβισμός σε παιδιά με διαταραχή αυτιστικού φάσματος στα  
σχολεία>>**

Ηλίας Καραγιώργος, 513

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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Αθήνα, 2023

## Περίληψη

Ο εκφοβισμός (bullying) ανάμεσα σε παιδιά σχολικής ηλικίας είναι ένα συνηθισμένο φαινόμενο. Σύμφωνα με τη διεθνή βιβλιογραφία τα παιδιά με διαταραχή του φάσματος του αυτισμού (ΔΑΦ), εκφοβίζονται σε μεγαλύτερο ποσοστό συγκριτικά με τους αναπτυσσόμενους συνομηλίκους τους λόγω των γνωστικών και κοινωνικών ελλειμμάτων τους.

Στόχος της παρούσας εργασίας είναι η αναζήτηση αποτελεσματικών προγραμμάτων πρόληψης του φαινομένου του σχολικού εκφοβισμού σε παιδιά με ΔΑΦ. Τα αποτελέσματα της βιβλιογραφικής έρευνας έδειξαν την ύπαρξη αποτελεσματικών προγραμμάτων παρέμβασης που μετριάζουν τις αρνητικές κοινωνικοσυναισθηματικές συνέπειες σε παιδιά με ΔΑΦ, αλλά ο κίνδυνος της θυματοποίησης παραμένει μια δια βίου κατάσταση.

Η θυματοποίηση σχετίζεται με την ηλικία του παιδιού, την εσωτερίκευση και την εξωτερίκευση προβλημάτων ψυχικής υγείας, τις δυσκολίες επικοινωνίας και τον αριθμό των φίλων στο σχολείο καθώς και με προβλήματα ψυχικής υγείας των γονέων. Τα παιδιά που εκφοβίζονται είναι πιο πιθανό να εκδηλώσουν ψυχοσωματικά συμπτώματα, κακή κοινωνική και συναισθηματική προσαρμογή, χαμηλούς βαθμούς στο σχολείο, συμπτώματα κατάθλιψης, άγχος και κλινικά σημαντικά κοινωνικά προβλήματα, καθώς και παραβατικές συμπεριφορές, κατάχρηση ουσιών, οπλοφορία στο σχολείο και σωματικές διαμάχες.

Λέξεις – Κλειδιά: Διαταραχές του φάσματος του αυτισμού, Εκφοβισμός, Θυματοποίηση, Σχέση συνομηλίκων, Πρόληψη, Αντιμετώπιση.

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