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

ΔΙΑΤΡΟΦΗ ΚΑΙ ΘΕΜΑΤΑ ΒΕΛΤΙΩΣΗΣ ΤΗΣ ΜΝΗΜΗΣ ΓΙΑ ΠΑΙΔΙΑ ΜΕ ΕΙΔΙΚΕΣ ΜΑΘΗΣΙΑΚΕΣ ΔΥΣΚΟΛΙΕΣ

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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

Οι ειδικές μαθησιακές δυσκολίες συμπεριλαμβάνονται στις νευροαναπτυξιακές διαταραχές και είναι συνυφασμένες με την ελλειμματική λειτουργία της εργαζόμενης μνήμης. Η διατροφή επιδρά καθοριστικά στη σωστή ανάπτυξη και λειτουργία του εγκεφάλου και γι' αυτό μπορεί να ενισχύσει τη λειτουργία της μνήμης και να συμβάλει στη διαχείριση των μαθησιακών δυσκολιών. Στην παρούσα έρευνα έγινε η αναζήτηση μέσω βιβλιογραφικής ανασκόπησης αφενός των διατροφικών επιλογών που ωφελούν τα παιδιά με ειδικές μαθησιακές δυσκολίες, αφετέρου των στρατηγικών που συντελούν στη βελτίωση της μνήμης τους. Από τα αποτελέσματα προέκυψε ότι η τήρηση μιας υγιεινής και ισορροπημένης διατροφής, πλούσιας σε λιπαρά οξέα, ιχνοστοιχεία, αμινοξέα, μέταλλα και βιταμίνες, περιορίζει τις πιθανότητες εμφάνισης ειδικών μαθησιακών δυσκολιών. Επιπρόσθετα, η έρευνα κατέδειξε ότι η αξιοποίηση των ΤΠΕ στην εκπαίδευση, η κατάκτηση της μεταγνώσης, οι τεχνικές αναπνοής, ο ευεργετικός ρόλος της άσκησης, η καλή ποιότητα ύπνου και η κλινική ύπνωση συνιστούν αποτελεσματικά μέσα παρέμβασης για τη βελτίωση της μνήμης των παιδιών με ειδικές μαθησιακές δυσκολίες.

Λέξεις - κλειδιά: specific learning disorder, dyslexia, dyscalculia, working memory, attention, nutrition, fatty acids, iron, zinc, iodine, vitamins, Mediterranean diet, ICTs, metacognition, mindfulness, conscious breathing, exercise, sleep, clinical hypnosis.

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