



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:
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ΜΕΤΑΠΤΥΧΙΑΚΗ ΔΙΑΤΡΙΒΗ

ΣΤΡΕΣ ΣΤΗΝ ΕΙΔΙΚΗ ΑΓΩΓΗ

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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

Η παρούσα εργασία εξετάζει διεξοδικά το φαινόμενο του στρες στο πλαίσιο της ειδικής αγωγής, με στόχο την κατανόηση των αιτιών του, των επιπτώσεών του, καθώς και των στρατηγικών διαχείρισης και πρόληψής του. Ιδιαίτερη έμφαση δίνεται στο στρες που βιώνουν οι εκπαιδευτικοί της ειδικής αγωγής, οι μαθητές με ειδικές εκπαιδευτικές ανάγκες και οι οικογένειές τους. Αρχικά, αναλύονται θεωρητικά το στρες και οι σχετικές θεωρίες, ενώ γίνεται διαχωρισμός από την έννοια του επαγγελματικού burnout. Στη συνέχεια, διερευνώνται οι πηγές στρες για τους εκπαιδευτικούς και τους μαθητές, καθώς και οι επιπτώσεις στο μαθησιακό και ψυχοκοινωνικό τους περιβάλλον. Ακολουθεί παρουσίαση προτεινόμενων στρατηγικών διαχείρισης του στρες, τόσο σε ατομικό όσο και σε συλλογικό επίπεδο, καθώς και η αξιοποίηση τεχνολογικών εργαλείων και υποστηρικτικών πρακτικών εντός της σχολικής κοινότητας. Τέλος, επισημαίνεται η ανάγκη για ενίσχυση της συνεργασίας σχολείου – οικογένειας και η σημασία της ενδυνάμωσης των επαγγελματιών μέσω επιμόρφωσης και θεσμικής υποστήριξης.

Λέξεις-κλειδιά:

στρες, ειδική αγωγή, burnout, εκπαιδευτικοί, μαθητές, στρατηγικές αντιμετώπισης

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