



Σχολή Ανθρωπιστικών επιστημών

Πρόγραμμα Σπουδών Επιστήμες της Αγωγής

Διπλωματική Εργασία

Θεωρία του Νου, Ενσυναίσθηση και Συναισθηματική Ρύθμιση:
Προγνωστικοί παράγοντες της Φιλοκοινωνικής Συμπεριφοράς κατά
την εφηβεία.

Βασιλική Αντωνογεώργου

Επιβλέπουσα καθηγήτρια: Πλουσία Μισαηλίδη

Πάτρα, Ιούνιος 2026

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Βασιλική Αντωνογεώργου

Επιτροπή Επίβλεψης Διπλωματικής Εργασίας

Επιβλέπων Καθηγητής/Επιβλέπουσα
Καθηγήτρια:

Μισαηλίδη Πλουσία
Καθηγήτρια ΕΑΠ

Συν-Επιβλέπων Καθηγητής/Συν-
Επιβλέπουσα Καθηγήτρια:

Κάμτσιος Σπυρίδων
Μέλος ΣΕΠ ΕΑΠ

Πάτρα, Ιούνιος 2026

Περίληψη

Η παρούσα εργασία διερευνά τη σχέση της φιλοκοινωνικής συμπεριφοράς με τη θεωρία του νου, την ενσυναίσθηση και τη συναισθηματική ρύθμιση κατά την περίοδο της εφηβείας. Η μελέτη των διαστάσεων της ενσυναίσθησης πραγματοποιείται σε δύο επίπεδα: στο επίπεδο των δύο ευρύτερων διαστάσεων της (γνωστική και συναισθηματική ενσυναίσθηση) και στο επίπεδο των επιμέρους συνιστωσών της (ανάληψη της προοπτικής του άλλου, φαντασία, ενσυναισθητικό ενδιαφέρον και προσωπική δυσφορία). Παράλληλα, εξετάζονται δύο στρατηγικές συναισθηματικής ρύθμισης, η γνωστική επαναξιολόγηση και η εκφραστική καταστολή. Σκοπός της παρούσας εργασίας ήταν να διερευνηθεί ποιες από τις συγκεκριμένες κοινωνικο-γνωστικές ικανότητες λειτουργούν ως προβλεπτικοί παράγοντες της φιλοκοινωνικής συμπεριφοράς κατά την εφηβική ηλικία. Στην έρευνα συμμετείχαν 183 έφηβοι (107 κορίτσια, 73 αγόρια και 3 άτομα που δεν δήλωσαν φύλο), με ηλικιακό εύρος από 15,10 έως 18,61 έτη ($M = 16,37$, $SD = 0,83$). Οι συμμετέχοντες συμπλήρωσαν το έργο των Παράξενων Ιστοριών (Strange Stories), την Κλίμακα Διαπροσωπικής Ανταπόκρισης (IRI), το Ερωτηματολόγιο Συναισθηματικής Ρύθμισης για Παιδιά και Εφήβους (ERQ-CA) και την Αναθεωρημένη Κλίμακα Φιλοκοινωνικών Τάσεων (PTM-R). Οι αναλύσεις συσχέτισης και ιεραρχικής παλινδρόμησης έδειξαν ότι η θεωρία του νου και η γνωστική ενσυναίσθηση αποτέλεσαν σημαντικούς θετικούς προβλεπτικούς παράγοντες της φιλοκοινωνικότητας. Όσον αφορά τις επιμέρους διαστάσεις της ενσυναίσθησης, η ανάληψη της προοπτικής του άλλου και το ενσυναισθητικό ενδιαφέρον αναδείχθηκαν ως ισχυροί θετικοί προβλεπτικοί παράγοντες, σε αντίθεση με την προσωπική δυσφορία, η οποία συσχετίστηκε αρνητικά με τη φιλοκοινωνική συμπεριφορά. Παράλληλα, η εκφραστική καταστολή αναδείχθηκε ως ανεξάρτητος θετικός προβλεπτικός παράγοντας, εύρημα που υποδηλώνει ότι κατά την εφηβεία η στρατηγική αυτή ενδέχεται να λειτουργεί ως στιγμιαίος μηχανισμός αυτοελέγχου με στόχο την προστασία των κοινωνικών σχέσεων. Τα ευρήματα συζητούνται σε σχέση με τα αποτελέσματα σχετικών ερευνών, ενώ αναδεικνύονται επίσης

κατευθύνσεις για τον σχεδιασμό στοχευμένων εκπαιδευτικών παρεμβάσεων και προγραμμάτων κοινωνικο-συναισθηματικής μάθησης.

Λέξεις – Κλειδιά

ενσυναίσθηση, εφηβεία, θεωρία του νου, συναισθηματική ρύθμιση, φιλοκοινωνική συμπεριφορά

Theory of Mind, Empathy, Emotion Regulation: Predictors of Prosocial Behavior in Adolescence

Vasiliki Antonogeorgou

Abstract

This study focuses on the relationship between prosocial behavior and theory of mind, empathy, and emotion regulation in adolescence. The study of empathy dimensions is conducted on two levels: at the level of its two broader dimensions (cognitive and affective empathy) and at the level of its specific components (perspective-taking, fantasy, empathic concern, and personal distress). At the same time, two emotion regulation strategies are examined: cognitive reappraisal and expressive suppression. The aim of this study was to investigate which of these specific sociocognitive abilities serve as predictors of prosocial behavior during adolescence. A total of 183 adolescents (107 girls, 73 boys, and 3 participants who did not specify their gender) participated in the study, with an age range of 15.10 to 18.61 years ($M = 16.37$, $SD = 0.83$). Participants completed the Strange Stories task, the Interpersonal Reactivity Index (IRI), the Emotion Regulation Questionnaire for Children and Adolescents (ERQ-CA), and the Prosocial Tendencies Measure-Revised (PTM-R). Correlations and hierarchical regression analyses showed that theory of mind and cognitive empathy were significant positive predictors of prosocial behavior. Regarding the specific dimensions of empathy, perspective-taking and empathic concern emerged as strong positive predictors, in contrast to personal distress, which was negatively associated with prosocial behavior. At the same time, expressive suppression emerged as an independent positive predictor, a finding that suggests that during adolescence, this strategy may function as an immediate self-control mechanism aimed at protecting social relationships. The findings are discussed in relation to the results of relevant studies, and directions for the design of targeted educational interventions and social-emotional learning programs are also highlighted.

Keywords

adolescence, emotion regulation, empathy, prosocial behavior, theory of mind

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