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Družbena vključenost starejših oseb prek novih tehnologij: primer socialnega robota Go2 kot spremljevalca pri hoji

Starejši odrasli so v digitalnih družbah pogosto potisnjeni na obrobje, saj se soočajo s fizičnimi in čustvenimi ovirami, ki omejujejo njihovo družbeno udeležbo. Raziskava, izvedena v Hogar Provincial de Alicante (Španija), raziskuje, kako lahko uporaba novih tehnologij – zlasti socialnega robota Go2 – spodbuja družbeno vključenost in dobro počutje starejših oseb. Sedem udeležencev, starih od 79 do 94 let, je sodelovalo v tridelnem poskusu, ki je vključeval individualne sprehode, sprehode z robotom Go2 in sprehode z robotom, opremljenim z umetno inteligenco za verbalno interakcijo. Rezultati so pokazali pozitivna stališča do socialnih robotov in večjo motivacijo za telesno dejavnost v njihovi družbi, čeprav je bila statistična pomembnost omejena zaradi majhnega vzorca. Kvalitativna analiza verbalnih interakcij je pokazala čustveno navezanost in občutek tovarištva, kar kaže, da lahko odnosi med človekom in robotom krepijo občutek pripadnosti in zmanjšujejo osamljenost. Širše gledano, študija postavlja socialno robotiko kot vključujoče tehnološko orodje, ki spodbuja aktivno staranje in družbeno participacijo. Integracija robotov z umetno inteligenco v oskrbo starejših tako predstavlja nov korak k tehnološkemu humanizmu in vključujoči inovaciji.

Ključne besede: družbena vključenost, starejši odrasli, nove tehnologije, socialna robotika, aktivno staranje

Social Inclusion of Older Adults through Emerging Technologies: The Case of the Go2 Social Robot as a Walking Assistant

Older adults are often relegated to a secondary social position in digital societies, facing both physical and emotional barriers that limit their participation in community life. This research, conducted at the Hogar Provincial de Alicante (Spain), explores how the use of emerging technologies – specifically, the Go2 social robot – can enhance social inclusion and well-being among older adults. Seven participants aged between 79 and 94 took part in a three-session intervention involving individual walks, walks accompanied by the Go2 robot, and walks with the robot plus an AI-generated verbal interaction system. The results revealed positive attitudes towards social robots and increased motivation to engage in physical activity when accompanied by the robot, even though statistical significance was limited by the small sample. Qualitative analysis of verbal interactions highlighted emotional attachment and companionship perceptions, showing that human-robot relationships can strengthen the sense of belonging and reduce feelings of loneliness. From a broader perspective, this study positions assistive social robotics as an inclusive technological tool capable of promoting active aging and social participation. The integration of AI-based companions in elderly care settings thus represents an emerging path toward technological humanism and inclusive innovation.

Key words: social inclusion, older adults, emerging technologies, social robotics, active aging

Mostovi enakosti: pravičnost in vključenost spolov v akademskem prostoru in družbi

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