

nokuphindaphinda kokudakumba nokuchwayita. Amayeza okuzinzisa isimo sengqondo ngamachiza anamandla. Ngenxa yesi sizathu, kufuneka ungayeki ukuwathatha la mayeza, ngaphandle kokuba sowudibene nogqirha.

UNGAMTSALELA UMNXEBA UGQIRHA XA KUTHENI?

Ngaphandle kokuya kwagqirha ngokwesiqhelo, mtsalele umnxeba ugqirha xa kukho enye yezi zinto:

- uziva ufuna ukuzibulala, okanye uziphethe ndlongodlongo; uziva uneenguqu kwisimo sengqondo, kubuthongo onabo, okanye kwamandla onawo
- ukwanda kwemiphumelo xa usebenzisa amayeza; okanye
- uba nesifo esinobungozi, udinga uqhahqho, okanye udinga amanye amayeza

UNGENZA NTONI KWAYE UNGALUFUMANA PHI UNCEDO?

Uninzi lwabantu abanengxaki yokungazinzi kwesimo sengqondo bamelana kakuhle nonyango. Inyathelo lokuqala kukuxoxa ngeempawu onazo nengcaphephe enamava, njengogqirha wosapho lwakho.

ICANDELO LEBHUNGA LOPHANDO NGEZEMPILO (i-MRC) MALUNGA NEENGXAKI ZONXUNGUPHALO NEZOXINZELELO LWENGQONDO

ICandelo loPhando lweeNgxaki zoNxunguphalo nezoXinezelelo lweNgqondo, ekumanyenwe kulo i-MHIC, lasekwa liBhunga loPhando lwezeMpilo (i-MRC) ngo-1997. ICandelo likwiSebe leNzululwazi ngeZifo zeNgqondo kwiYunivesithi yaseStellenbosch, kwaye liphanda ngenzululwazi ngengqondo nomzimba nangonyango lweengxaki zonxunguphalo, ukuquka iingxaki ezinamathele engqondweni (neemeko ezinxulumene noko), ingxaki yokuphaphazela, ingxaki yoxinezelelo lwengqondo emva kokwenzakala, kunye nengxaki yonxunguphalo ngezentalo. Ukuba ufuna ulwazi oluthe vetshe malunga neempononongo zolingo, nceda uye kule webhusayithi ingezantsi okanye uqhagamshelane neMHIC.

www.mrc.ac.za/anxiety/anxiety.htm



MENTAL HEALTH INFORMATION CENTRE

Southern Africa

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UPHAZAMISEKO LWENGQONDO



YINTONI UPHAZAMISEKO LWE BIPOLAR?

Uphazamiseko lwe Bipolar, olwaziwa nangegama le Manic-depressive, kukuphazamiseka kwengqondo okubangela utshintsho olukhulu kwisimo sengqondo, kumandla onawo nokubanakho kwakho ukwenza imisebenzi. Isimo sengqondo sithanda ukutshintsha-tshintsha ukusukela ekuchwayiteni ngokugqithisileyo, ubucaphu-caphu kunye /okanye ukuhlaselela (kwimo yobugeza) ukuya ekungonwabeni nasekuphelelweni lithemba (kwimo yokudakumba). Angabakho amaxesha okuba nesimo sengqondo esiqhelekileyo phakathi kwale mijikelo.

IINTLOBO EZAHLUKENEYO ZOKUPHAZAMISEKA NGE BIPOLAR

Abantu abanohlobo olubizwa type I lophazamiseko lwe Bipolar sebeke banaso isehlo esinye sokuchwayita okugqithileyo, namaxesha okudakumba okukhulu. Oku bekubizwa ngokuba yi manic-depression ngaphambili.

Abantu abanohlobo olubizwa type 11 lophazamiseko ngabo bangazange babe nokuchwayita okupheleleyo ngaphambili. Babe nengxaki yokuziva benesimo esingaqhelekanga (ubugeza obungagqibelelanga obuphakathi) nezehlo ezikhulu zokudakumba ngamaxesha athile.

Kuhlobo lwe cyclothymia, kubakho isithuba ubuncinane seminyaka emibini, ihypomania (impambano engagqithisanga) nokudakumba okukwizinga eliphakathi, ezingade zibenobunzulu ngokwaneleyo yokuba zingabizwa nzima kakhulu ukuba kungahlelwa njengengxaki epheleleyo ephawulwa kukuchwayita nokudakumba.

UNOBANGELA WOKUNGAZINZI KWESIMO SENGQONDO

Oyena nobangela wokungazinzi kwesimo sengqondo awaziwa, kodwa isenokuba yindibaniselo yeemeko zamachiza ezinto eziphilayo, imfuzo neemeko zengqondo. Malunga nezigulana ezingama-50 ekhulwini ezinokungazinzi kwesimo sengqondo zinomzali omnye onengxaki yokutshintsha kwesimo sengqondo. Ezi zinto zilandelayo zingachukumisa isehlo sokuchwayita:

- iinguqu ebomini bomntu, njengokubeleka
- ukusetyenziswa kwezinyobisi ngeenjongo zokuzonwabisa
- amaxesha okungakwazi ukulala
- amayeza afana nalawo alwa ukudakumba, okanye amachiza

NGUBANI OBA NENGXAKI YOKUNGAZINZI KWESIMO SENGQONDO?

Amadoda namabhinqa achaphazeleka ngokufanayo. Idla ngokuqala phakathi kweminyaka eli-15-25 ubudala.

IIMPAWU

Kuxhomekeka kwiimpawu zempilo, ukungazinzi kwesimo sengqondo kuhlalelwa njengokungazinzi kwesimo sengqondo okunokuchwayita, ukungazinzi kwesimo sengqondo okunokudakumba, okanye ukungazinzi kwesimo sengqondo okuneempawu ezahlukahlukeneyo. Olona phawu lubalulekileyo sisehlo esinye okanye ezininzi zokuchwayita.

Iimpawu zesehlo sokuchwayita zezi zilandelayo:

- ukwanda kwamandla onawo, imisebenzi nokungakwazi ukuphumla
- isimo solonwabo olugqithisileyo
- ubucaphucaphu obugqithisileyo
- ukwenza inkcitho engaphaya kokuqonda
- ukuphazamiseka (akukwazi kugqalisa ingqondo entweni)
- akunamfuneko kakhulu yokulala
- iingcinga ezibalekayo, ukuthetha ngokukhawuleza
- ukuthatha izigqibo ezingafanelekanga (ukuthenga ngokugqithisileyo, ukuzibandakanya ngesondo ngokungenankathalo)
- ukuzixabisa ngamandla
- ukuthanda ngakumbi ukuba nabanye
- ukutya kakhulu, ukusela utywala kunye /okanye ukusebenzisa izinyobisi
- ukungavumi ukuba kukho into engahambi kakuhle

Iimpawu zesehlo sokudakumba zezi zilandelayo:

- isimo sokudakumba esizingileyo, imini yonke, phantse ibe yonke imihla

- ukuncipha komdla nokonwaba phantse kuzo zonke izinto ezenziwayo
- ukungabinakho ukulala ubuthongo, okanye ukulala kakhulu (ukulala kancinci kakhulu okanye kakhulu)
- ukudinwa, ukudangala, ukungaphumli, okanye ubucaphucaphu
- ukuziva ungaxabisekanga, ukuzisola, ukuzibeka ityala
- ukungakwazi ukugqalisa ingqondo
- iingcinga eziqhubekayo zokufa, nengcinga zokuzibulala
- ukutshintsha komdla wokutya kunye/okanye ukwehla/ ukunyuka emzimbeni ngendlela ongayicinganga

UKUNYANGWA KWENGXAKI YOKUNGAZINZI KWESIMO SENGQONDO

Ingxaki yokungazinzi kwesimo sengqondo ifuna unyango lwexesha elide, njengoko isisigulo esingapheliyo, esimana ukuvela njalo. Esona sicwangciso sonyango esisebenzayo siquka indibaniselo yonyango ngamayeza, unyango lwengqondo kungasetyenziswa mayeza, ukwenza iinguqu kubomi bakho, nokufumana inkxaso ekuhlaleni. Unyango lwengqondo kungasetyenziswa mayeza olusetyenziswa ukunyanga ukungazinzi kwesimo sengqondo kuquka unyango olugqalisela ukuqonda nokuziphatha kwesigulana (i-CBT) nonyango olugqalisela usapho. Unyango lwengqondo kungasetyenziswa mayeza lunganceda ukuba uziqonde, utshintshe iingcinga neemvakalelo ezingakhiyo nezimbi, nokufunda iindlela ezintsha zokuziphatha nokumelana neemeko. Ukuthetha ngeemvakalelo zakho nengcali eqeqeshiweyo kunganceda ukunciphisa ezo mpawu.

Ukuqonda ukuba unale ngxaki ngokukuxilonga akukho lula, kwaye ukunikwa kwamayeza neziphumo zawo kufuneka kubekwe esweni ngugqirha wezifo zengqondo. Amayeza asetyenziselwa ukuzinzisa ezona meko zinzima zokutshintsha kwesimo sokuchwayita nesokudakumba.

Amayeza azinzisa isimo sengqondo somntu anceda ukunika isiqabu okanye ukuthintela izehlo eziyingozi zokudakumba okanye zokuchwayita. Izithinteli-kudakumba zinyanga iimpawu zokudakumba. Izithinteli zokugula ngengqondo zinyanga iimpawu zokugula ngengqondo ezifana neenkokohliseko zamehlo okanye zeendlebe, ezinokuthi zenzeke ngamanye amaxesha ukuba unayo ingxaki yokungazinzi kwesimo sengqondo. Unyango lwexesha elide lubalulekile, ngokuba unyango olungenelela phakathi kwezehlo lunciphisa ubunzima