

## EZINYE IINDLELA ZOKUYILAWULA

- Ukuba uye wachaphazeleka kwishehlo esibuhlungu, zifundise ngeendlela eziqhelekileyo zokujongana nezehlo ezibuhlungu kunye nePTSD
- Musa ukuzikhetha ebantwini, kodwa zinike ithuba lokuncokola nabanye; ngakumbi abo basenokukunika uncedo okanye inkxaso
- Yenza izinto ozonwabelayo ukuzenza nezikunceda ukuba ukhululeke, umz. ukuphulaphula umculo, ukuhamba-hamba
- Khangela ugqirha onamava ekunyangeni iPTSD. Nyaniseka ungazibambi yaye ukhumbule ukuba unelungelo lokufumana uluvo lwesibini
- Zama ukugcina indlela yokuphila ngokusempilweni
- Khangela iqela lenkxaso elilungiselelwe abantu abanePTSD

## IMITHOMBO YONCEDO ESEMZANTSI AFRIKA

- IBathuthuzele Youth Stress Clinic (IBathuthuzele iKlinikhi yoLutsha olunoXinzelelo) (021) 938 9162/9374
- I-SA Depression and Anxiety Group (IQela laseMzantsi Afrika labanokuDakumba neNkxalabo) (011) 783 1474/6
- ITrauma Centre (iZiko lemiba engokwehlelwa zizinto ezibuhlungu) (021) 465 73 73



### MENTAL HEALTH INFORMATION CENTRE

Southern Africa

### IZIKO LEENKCUKACHA NGEZEMPILO NGOKWASENGQONDWENI LASEMAZANTSI E-AFRIKA (i-MHIC)

PO Box 241  
Cape Town 8000  
South Africa

Umnxeba: +27 (0)21 938 9229  
Imeyile: [mhc@sun.ac.za](mailto:mhic@sun.ac.za)  
[www.mentalhealthsa.org.za](http://www.mentalhealthsa.org.za)

Ixhaswe yi



[www.ithembafoundation.org.za](http://www.ithembafoundation.org.za)



### MENTAL HEALTH INFORMATION CENTRE

Southern Africa

**UPHAZAMISEKO  
OLULANDELA  
UKWEHLELWA  
SISEHLO  
ESIBUHLUNGU  
(I-PTSD)**



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## YINTONI I-PTSD?

Uninzi lwethu lukhe lwehlelwa sisehlo esibuhlungu. Ngokwesiqhelo, imvakalelo enxulumene nesi sehlo iye ihle ngokokuhamba kwexesha. Kodwa ke, kukho abantu abaninzi abangakwaziyo ukuwabaleka amava okwehlelwa sisehlo esibuhlungu, baze basale bexhalabile benxunguphele ngamandla ithuba lexesha elongezelekileyo. Aba bantu basenokuba banalento ibizwa ngokuba luphazamiseko olulandela ukwehlelwa sisehlo esibuhlungu (*ipost-traumatic stress disorder - PTSD*). I-PTSD sisigulo esiyingozi esikholisa ukubangela ubulwelwe esinokwenzeka kumntu oye wachaphazeleka, wabona okanye weva isehlo esibuhlungu esimchaphazelayo okanye esichaphazela umntu obalulekileyo ebomini bakhe. Izehlo ezibuhlungu zingaquka, kodwa aziphelelanga kwezi zilandelayo:

- ubundlobongela obenziwa emntwini (umz. ukudlwengulwa, ukubethwa ngokugqithisileyo, ubundlobongela basekhaya, ukuxhwilwa, okanye ubundlobongela obunxulumene nezomkhosi)
- iintlekele zendalo (umz. izikhukula, iinyikima, iinkanyamba okanye izaqhwithi)
- iingozi ezibandakanya ukulimala okanye ukufa
- ukufelwa ngumntu wakowenu okanye isihlobo ngequbuliso, ngokungalingelelanga
- ukufunyaniswa ukuba unesigulo esibeka ubomi bakho engozini

**Iimpawu ezingundoqo zePTSD zezi:**

- **Ukuphindeka kwamava** esi sehlo sibuhlungu ngeenkumbulo ezimana zikuphazamisa okanye amaphupha aphindaphindekayo amalunga nesi sehlo sibuhlungu, ukuva iimvakalelo neendlela zokuziphatha ezinzulu ngathi ziyaphinda kwakhona (iinkumbulo zokwehlileyo; amaphupha amabi)
- **Iimpawu ezibaleka ukwenza okuthile (avoidant symptoms)** ziquka ukunga awuvakalelwa (*emotional numbness*)
- ngakwabanye nakwizehlo, neendlela apho umntu azama ukubaleka nantoni na enxulumene nesi sehlo sibuhlungu
- **Iimpawu zokuvakalelwa ngokugqithisileyo (hyperarousal symptoms)** ziquka ukunzinyelwa kukulala okanye ukuhlala ulele, ukuba nochuku okanye umsindo okhawulezayo, ukungakwazi

ukuzinzisa ingqondo, ukuzikhusela ngokugqithisileyo (*hyper-vigilance*) (ukuhlala ulindele ingozi), kunye nokumana usothuka ngokugqithisileyo

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## IFUNYANISWA NINI I-PTSD?

I-PTSD ifunyaniswa xa ezi mpawu zokugula zixelwe apha ngentla ziqhubeka ithuba lenyanga okanye nangaphezulu emva kokwehla kweso sehlo sibuhlungu. Kuqhelekile ukuba phambi kokuba afune uncendo, umntu ogula yiPTSD abe neempawu zokugula ezininzi neziya kugqibela ngokumkhokelela ekufunyanisweni kwayo okusesikweni. Kodwa ke, into edla ngokwenzeka kukuba iimpawu zokugula zingazivezi de kube ziinyanga ezininzi okanye iminyaka emva kwaloo nto ibuhlungu imehlelelo. Le nto ibizwa ngokuba kukuqala kwePTSD okulibazisekileyo. Kwiimeko apho iimpawu zokugula ziye zahlala iinyanga ezi-3 okanye ngaphezulu, iPTSD ibizwa ngokuba “engapheliyo”.

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## NGUBANI OBA NE-PTSD?

I-PTSD sisigulo (*medical condition*) esinokuchaphazela abantu babo bonke ubudala nabasuka kuzo zonke iimeko zentlalo nezemali. Ngenxa yamazanga aphezulu olwaphulo-mthetho lobundlobongela (ukuxhatshazwa emzimbeni nangesondo, ukoxuthelwa imoto, ubundlobongela basekhaya) eMzantsi Afrika, ukufunyaniswa kwePTSD kuthande ukuxhaphaka kubantu bonke. Okubalulekileyo kukuba ayinguye wonke umntu oye wachathazelwa sisehlo esibuhlungu oya kuba nePTSD. Kwiinkcukacha zophando ezifumaneka kulutsha nabaguli abahamba iiklinikhi, kunikwe ingxelo yezinga lePTSD eliphezulu kangange-20%. Abasetyhini baphantse babe sethubeni eliphindwe kabini lokuba nePTSD xa bethlekiswa namadoda.

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## I-PTSD IKUCHAPHAZELA NJANI UKUSEBENZA NGEMIHLA?

Kumntu onePTSD, ukusiphila isehlo engqondweni kungamlimaza ngokufanayo nokwehla kwaso kwenyani. Iimpawu zokugula zasemzimbeni nasengqondweni ezihambelana nezo zehlo zenziwa mbi ziimvakalelo zokuba neentloni, ukubhideka nokukhathazeka. Ngaphandle kokuba iluphazamiseko oluzibonakalisa ngeempawu ezizodwa, iyakwazi ukungafunyanwa xa kuxilongwa (*misdiagnosed*).

Ukuphila nePTSD enganyangwanga kungabuphatha kakubi kakhulu ubuhlobo, nanjengoko abantu abanePTSD beya kuba nokuzibamba kwizenzo zesiqhelo zasentialweni nezibadibanisa nabantu. I-PTSD idla ngokwenzeka kunye nokudangala, ukusebenzisa iziyobisi okanye ezinye iintlobo zophazamiseko lokunxunguphala.

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## UKUNYANGWA KWE-PTSD

Amayeza okuthomalalisa ukudakumba ibangawo asetyenziswayo ukunyanga i PTSD. Amayeza asebenza kakhulu xa ehamba nololuleko lwengqondo (*psychotherapy*). Amayeza aya kusebenza ukuphelisa iimpawu zokugula zePTSD, ngokwenjenjalo esenza umntu ukuba azilungele ngcono iindlela ezisetyenziswa kuloluleko lwengqondo.

Unyango lwendlela esebenza ngayo ingqondo (*cognitive behavioural therapy - iCBT*) isetyenziswa ngokubanzi njengendlela yololuleko lwengqondo yabantu abanePTSD yaye lubonakalise ukusebenza ekuncedeni abantu abanePTSD ukuba babuyele ekusebenzeni kwabo kwesiqhelo.

Imeko yololuleko lwengqondo (nokuba lwenziwa kwiqela okanye umntu omnye) inika indawo ekhuselekileyo yokuba abantu abanePTSD bancokole ngezehlo ezibuhlungu, bavakalise nologyo neendlela abajongana ngayo nayo. Abantu abaninzi abafuna uncendo bagqibela ngokonwabala umgangatho ongcono wobomi. Kodwa ke, kubalulekile ukukhumbula ukuba indlela yokuphendula kunyango ayifani yaye into enokusebenza kumntu othile isenako ukungasebenzi kolandelayo.

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## UKUTHINTELWA KWE-PTSD

Kukho ubungqina obungekaqinisekiswa obucebisa ukuba ukuqala ngonyango (amayeza kunye/okanye nololuleko lwengqondo) kwithuba elifuthsane emva kokwehlelwa sisehlo esibuhlungu kuyakuthintela ukuqala kwePTSD, kodwa kusafuneka kusetyenzwe nangakumbi kweli candelo.