

•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 neenkohliseko zamehlo okanye zeendlebe, ezinokuthi zenzeke ngamanye amaxesha ukuba unayo ingxaki yokungazinzi kwesimo sengqondo. Unyango lwexesha elide lubalulekile, ngokuba unyango olungenelela phakathi kwezehlo lunciphisa ubunzima nokuphindaphinda kokudakumba nokuchwayita. Amayeza okuzinzisa isimo sengqondo ngamachiza anamandla. Ngenxa yesi sizathu, kufuneka ungayeki ukuwathatha la mayeza, ngaphandle kokuba sowudibene noqirha.

### **UNGAMTSALELA UMNXEBA UGQIRHA XA KUTHI-WANI?**

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

- uziva ufuna ukuzibulala, okanye uziphethe ndlongolongo; uziva uneenguqu kwesimo sengqondo, kubuthongo onabo, okanye kwamandla onawo;
- ukwanda kwemiphumelo xa usebenzisa amayeza; okanye
- uba nesifo esinobungozi, udinga uqhaqho, 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 lweNgxaki 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 ngezintlalo. Ukuba ufuna ulwazi oluthe vetshe malunga neempononongo zolingo, nceda uye kule webhusayithi ingezantsi okanye uqhagamshelane neMHIC.

# **IINGXAKI ZOKUNGAZINZI KWESIMO SENGQONDO**

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## **YINTONI UKUNGAZINZI KWESIMO SENGQONDO?**

Ukungazinzi kwesimo sengqondo, oku kwaziwa ngokuba sisigulo sengqondo esiphawulwa kukuchwayita nokudakumba, kukuphazamiseka kwengqondo okubangela utshintsho olukhulu kwesimo sengqondo, kumandla onawo nokubanakho kwakho ukwenza imisebenzi. Isimo sengqondo sithanda ukutshintshatshintsha ukusukela ekuchwayiteni ngokugqithisileyo, ubucaphucaphu kunye nabo/okanye ukuchwayita ukuya ekungonwabeni nasekuphelelweni lithemba (ukudakumba). Angabakho amaxesha okuba nesimo sengqondo esiqhelekileyo phakathi kwale mijikelo.

### **IINTLOBO EZAHLUKENEYO ZOKUNGAZINZI KWESIMO SENGQONDO**

Abantu abanohlobo loku-I lokungazinzi kwesimo sengqondo sebeke banaso isehlo esinye sokuchwayita okugqithileyo, namaxesha okudakumba okukhulu. Oku bekubizwa ngokuba yingxaki yengqondo ephawulwe kukuchwayita nokudakumba ngaphambili.

Abantu abanohlobo lwesi-II lokungazinzi kwesimo sengqondo ngabo bangazange babe nokuchwayita okupheleleyo ngaphambili. Babe nengxaki yokuziva benesimo esingaqhelekanga (ubugeza obungagqibelelanga obuphakathi) nezhlo ezikhulu zokudakumba ngamaxesha athile.

Kwicyclothymia (uhlobo lokutshintsha kwesimo sengqondo oluhlala iminyaka emininzi) kuhlala ubuncinane iminyaka emibini ihypomania (ukutshintsha kwesimo sengqondo okubonakala kwindlela yokuziphatha komntu okumenza abe namandla amancinci) nokudakumba okukwizinga eliphakathi, okungekho 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 kuhlelwa 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)
- ukuzidla
- ukuthanda ngakumbi ukuba nabanye
- ukutya kakhulu, ukusela utywala kunye nako/okanye • ukusebenzisa iziyobisi
- 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 ungasibekanga, 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 ukucela 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.