

# Kupititsa Dziko Lathu Patsogolo:

## Kukhazikitsa Maziko A Moyo Woyenera Wokhudza Kugonana

### Ndi Uchembere Pakati Pa Achinyamata



Chiwerengero cha anthu mMalawi muno pakadali pano chapitilira 15 miliyoni. Munthu mmodzi mwa anthu atatu aliwонse ali ndi zaka za pakati pa khumi (10) ndi makumi awiri ndi zinayi (24).<sup>1</sup>

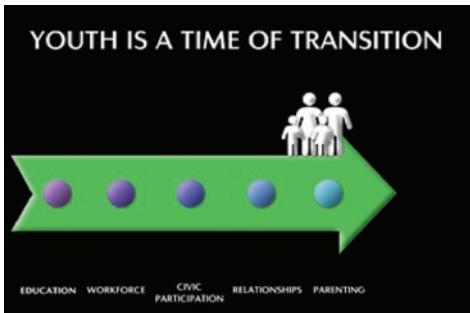
Ngati achinyamata apatsidwa zofunikila mmoyo waho komanso mwayi woyenelera, akhoza kuthandiza kwambiri kupititsa potsogolo ntchito za chitukuko ndi chuma cha dziko la Malawi lino kudzera mu luso lawo ndi mphanvu zavo.



Photo credit: Getty Images.

Njira imodzi yowathandila achinyamata ndikuonetsetsa kuti ali ndi ufulu wokwanila wokhudza nkhanzi zogonana komanso uchembele.

Kafukufuku akuonetsa kuti kukhazikitsa maziko oyenera okhudza nkhanzi zogonana komanso uchembele pakati pa achinyamata, kumateteza umoyo waho wabwino komanso wansangala, kutukula umoyo waho ndi tsogolo lawo, komanso chitukuko and chuma cha dziko.<sup>2</sup>



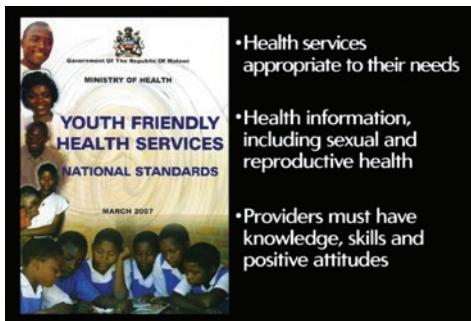
Achinyamata akukumana ndi mavuto osiyanasiyana koma kuwapatsa maziko oyenela a moyo waho kungawathandize kukula bwino. Maziko oyenelawa angathandize achinyamata:<sup>3</sup>

- Kumaliza maphunziro awo bwino.
- Kuyamba moyo waho wogwira ntchito popatsidwa mauthenga komanso luso zoyenera kuti apeze mwayi wa ntchito.
- Kuwathandiza kukhala nzika zodalilika za dziko zothandiza kulimbikitsa ma ufulu osiyanasiyana a anthu.
- Kuwathandiza kuyamba moyo wa banja matupi awo atakhwima moyenera osati adakali ana.
- Kuwalimbikitsa kukhala ndi ma ubwenzi oyenera.
- Kuchulukitsa mwai wopeza ndi kugwiritsa njira zolelera kuti athe kusankha nthawi yoyenelera yobelekera anawa komanso kusankha kuti akhale ndi ana angati.

## Comprehensive sexual and reproductive health education

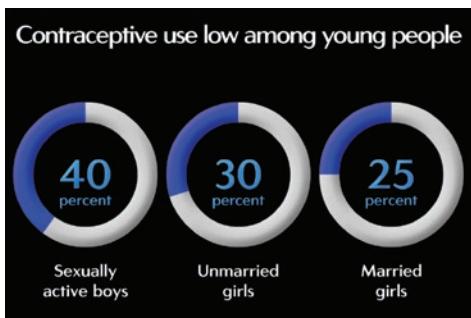
Maphunziro okwanira kwa achinyamata pa nkhani zogonana komanso uchembere ndi njira imodzi yomwe tingawathandizile kuti akule bwino.

Kafukufuku akuonetsa kuti ntchito zothandiza achinyamatawa zimawathandiza kukhala odziletsa pa mchitidwe wogonana komanso amayamba zogonanazi atakula bwino; amadziteteza ngati akugonana komanso samagonana ndi anzawo ambirimbiri osiyanasiyana, ndipo izi zimathandiza kuchepetsa kufala kwa kachilombo ka HIV komanso matenda ena opatsilana kudzela mukugonana; zimawathandiza kuti azitsata ndi kugwilitsa ntchito njira zolelera ndikupewa pathupi posayembekezel; zimathandiza kuti akukhala ndi pathupi poyamba atakula bwino ndikuonetsetsa kuti umoyo wa mayi ndi wathanzi, ndipo ali ndi pathupi popanda chiwopsezo chilichonse.<sup>4</sup>



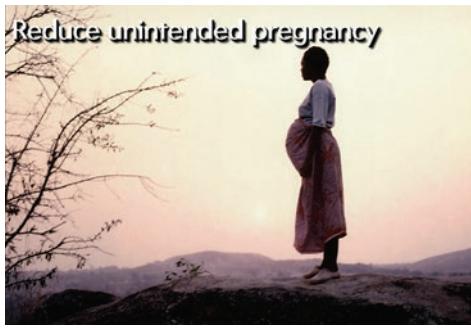
Kulandira chithandizo cha za umoyo wawo chowayenela, chogwilizana ndi zofunika mmoyo mwawo, ndipo cholemekiza ma ufulu awo ngati achinyamata.

Ndondomeko yowonetsetsa kuti achinyamata a mMalawi muno akulandira chithandizo cha za umoyo wawo choyenela imati achinyamata onse akuyenela kulandira ma uthenga a za chithandizo cha za umoyo, kuphatikizapo chithandizo chokhudza kugonana ndi uchembere, mogwilizana ndi zofunika za mmoyo mwawo, komanso kuti anthu onse ogwila ntchito yothandiza achinyamatawa mmalo onse a zaumoyo akuyenela kukhala ndi luso lokwanila, odziwa bwino ntchito yavo komanso azipeleka chithandizo kwa achinyamata chowayenela.<sup>5</sup>



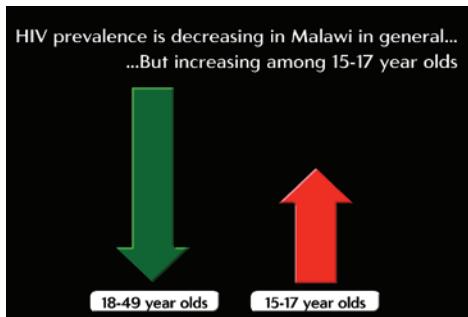
Chithandizo cha za umoyo choyenelera achinyamata ndi chofunika kwambiri kwa anyamata ndi atsikana ndipo chikhzoa kuthandiza moyo wawo kwambiri munjira zosiyansiyanana monga kuwalimbikitsa kugwilitsa ntchito njira zolera, poti ndi achinyama ochepta okha omwe akugwilitsa ntchito njira zolelerazi.

Mwa achinyamata omwe anayamba kale mchitidwe wogonana a zaka zapakati pa 15 ndi 19, chiwelengero cha anyamata chosapitilira theka, atsikana osakwatiwa omwe chiwelengero chawo sichikufika ndi theka lomwe, komanso atsikana ochepta kwambiri omwe ali pa banja, ndi omwe amagwilitsa ntchito njira zolelera zamakono.<sup>6</sup>



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Achinyamata akalimbikitsidwa kugwilitsa ntchito njira zolelera zikhoza kuthandiza kwambiri kuti mimba zosayembekezel zichepe kwambiri, imfa za amayi zokhudzana ndi uchembere zipewedwe, komanso kuchotsa mimba/pathupi kutsike kwambiri.<sup>7</sup>



Kufala kwa kachilombo ka HIV komanso matenda opatsilana kudzela mukugonana kukhoza kuchepa kwambiri ngati achinyamata athu athandizidwa kuti akhale ndi mwayi wopeza chithandizo cha njira zolelera komanso ma uthenga ofotokoza bwino nkhanzi zogonana ndi uchembele.

Izi ndizofunikwa kwambiri chifukwa ngakhale kufala kwa kachilombo ka HIV kukutsika mMalawi, ka chilomboka kakufala muchulukirachulukira pakati pa achinyamata a zaka za pakati pa khumi ndi zisanu (15) ndi khumi ndi zisanu ndi ziwiri (17).<sup>8</sup>



Photo credit: Richard Lord.



Photo credit: Jason Larkin.

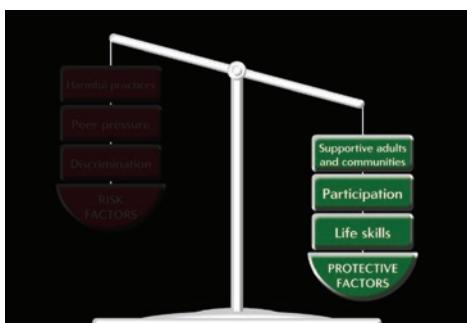
Kupewa kufala kwa kachilombo ka HIV pakati pa anyamata ndi atsikana kungatheke ngati achinyamatawa afiklidwa ma uthenga komanso njira zowathandiza pa mchitidwe wogonana komanso uchembere.

Anyamata akhoza kuthandiza kwambiri kupititsa patsogolo kugwilita ntchito njira zolera, komanso akakula ndi kukhala abambo adzapitiliza kuonetsetsa kuti ana ndi mayi ali ndi umoyo wabwino.

Kulimbikitsa achinyamata kutengapo mbali pa za umoyo woyenera wokhudza kugonana ndi uchembere ndi njira imodzi yothetsela mchitidwe wa nkhanza kwa amayi kapena abambo, kulimbikitsa kufanana kwa amayi ndi abambo, zomwe zingapindulire anyamata ndi atsikana, komanso kupititsa patsogolo chitukuko cha dziko.<sup>9</sup>



Kuonetsetsa kuti anyamata ndi atsikana akugwiritsa ntchito moyenera mwayi wawo mmoyo mwavo kukutanthaiza kuthetsa chiwopsezo chimene achinyamata amakhala nacho chomwe chimasula khwalidwe lawo lokhudzana ndi kugonana ndi uchembere pamene akukula.



Ngakhale achinyamata ali pa chiwopsezo cha moyo wawo nthawi zonse, mothandizidwa ndi anthu akuluakulu mmidzi ndi mmadela momwe amakhala, njira zowatetezera zikhoza kukhazilksidwa.

Chofunika kwambiri ndi chakuti tikufuna chitetezo chomwe achinyamata amalandira chizikhala chokwanila bwino kuwateteza ku chiwopsezo chilichonse kuti athe kugwilita bwino ntchito mwayi wawo wa maphunziro komanso wogwira ntchito mmoyo wawo wonse.<sup>10</sup>



Photo credit: Jason Larkin.



One year of secondary education boosts women's future earnings up to 25%

Photo credit: Pond5.



Mwachitsanzo, kuwonjezera pa kulimbikitsa ndi kuteteza ma ufulu a atsikana, kuthetsa mchitidwe wokakamiza atsikana kuyamba moyo wa banja ali ana komanso kubeleka asanakhwime, zimathandiza kukhazikitsa maziko a mphanvu pa maphunziro awo, ndikuwapatsa mwayi womaliza bwino lomwe maphunziro awo.

Izi zimathandiza atsikana kukhala ndi tsogolo la bwino ndi kukhala ndi chuma chokwanila, poti kafukufuku akusonyeza kuti kwa chaka chilichonse chomwe atsikana akhala pa sukulu ku sekondale akhoza kuchulukitsa kwambiri mwayi wawo wopeza ntchito ya malipilo abwino. Ndipo ngati mtsikana apita patali ndi maphunziro ake ndi pamene amanvetsa bwino kufunika kogwilitsa ntchito njira zolelera ndi kupewa pathupi posakonzekera.<sup>11</sup>

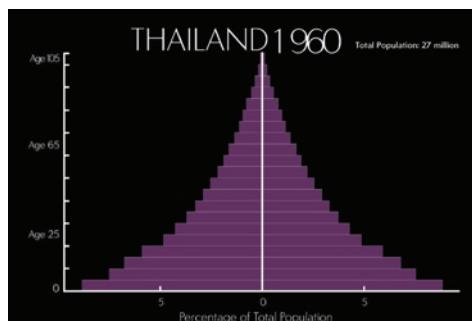
Ngakhale chiwelengero cha atsikana omwe amatenga mimba/ pathupi chatsika mu zaka za posachdwepa, Malawi ndi dziko limodzi mwa maiko a ku mmwera kwa Africa kuno omwe atsikana ake ambiri amatenga mimba/pathupi ndipo chiwelengero cha atsikana chopitilira 106,000 amatenga mimba pathupi chaka chilichonse.

Ndipo izi zimapangitsa chuma cha dziko chokwana 57 million ya ndalamza za ku Amerika kusakazika. Izi zimapangitsano kuti amayi abelete ana ambiri ndipo chiwelengeronso cha dziko chimakulirakulira msanga popeza amayi omwe ayamba kubeleka adakali ang'ono amabeleka ana ambiri mmoyo mwawo.<sup>12</sup>



Kukhazikitsa maziko amphanvu a umoyo ndi ufulu wa achinyamata wokhudzana ndi nkhanzi zogonana komanso uchembere ndi njira imodzi yowonetseta kuti chiwelengero cha dziko sichikukula mopitiliza, imene ili njira yofunika kwambiri potukula chuma cha dziko.

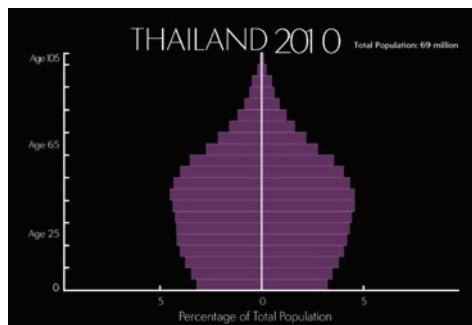
Maiko ambiri pa dziko la pansi atiwonetsa kale kuti chuma cha dziko chimakwela msanga ngati chiwelengero cha anthu sichikukwela kwambiri komanso ngati maziko abwino akhazikitsidwa mmoyo mwa achinyamata, ndi zotheka kutukula mwansanga komanso kukweza chuma cha dziko.



Tikaona chiwelengero cha anthu a dziko la Thailand mchaka cha 1960, zikuoneka pamene chiwelengero cha anthu a mdzikoli chinakwela kwambiri, anthu ambiri anali ndi zaka zochepera makumi awriri ndi zisanu (25).

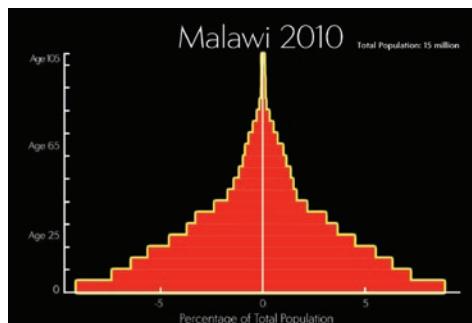
Mzaka za mma 1960 ndi zaka zotsatila, dziko la Thailand linalimbikitsa kwambiri anthu a mdzikoli kuti azigwilsita ntchito njira za kulera mwa kufuna kwavo ngati njira imodzi yochepetsela kuchuluka kwa chiwelengero cha anthu mdzikoli.

Pamene ana amabadwa ochepta, dziko la Thailand linakwanitsa kupeleka chuma ndi zofukunikila zina zokwana bwino kwa mwana aliyense, ndipo ana ambiri amamaliza maphunziro awo a ku sekondale komanso atsikana amakwatiwa atakula bwino ndipo amayamba kubeleka mochedwelako matupi awo atakhwima bwino.



Pofika mchaka cha 2010, dziko la Thailand linasinthia kwambiri mmene zaka za anthu zilili, anthu akukhala ndi ana ochepta ndipo chiwelengero cha anthu a zaka zochepa chatsika ndipo dzikoli lili ndi chiwelengero cha anthu akuluakulu omwe akugwira ntchito ndi kutukula dziko lawo.

Dziko la Thailand lawonetsa mmene chuma cha dziko chingatukukile ngati dzikolo lipititsa patsogolo ntchito za uchembere wabwino komanso kukhazikitsa maziko a mphanvu pa ntchito za umoyo ndi maphunziro, komanso ngati anthu ogwira ntchito achuluka.<sup>13</sup>

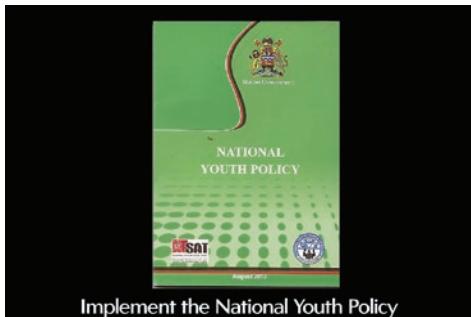


Lero, dziko la Malawi lili ndi chiwerengero cha anthu chofanana ndi cha dziko la Thailandi cha mchaka cha 1960 chomwe anthu ambiri ali ndi zaka zochepera makumi awiri ndi zisanu (25). Kukhazikitsa maziko amphavu pa umoyo wa achinyamata wokhudza kugonana ndi uchembere zingathandize kuti achinyamata akule bwino, anthu akubeleka ana ochepta komanso kuonetsetsa kuti dziko lapindula chifukwa chokhazikitsa maziko amphanvu a moyo wa achinyamata.<sup>14</sup>



Photo credit: Richard Lord.

Komabe, sikuti chuma cha dziko chimangokwela mosavuta chonchi. Monga momwe taonela chitsanzo cha dziko la Thailand, pakufunkika kukhazikitsa maziko amphanvu mu nthambi zosiyasiyana za chuma cha dziko ndi kuonetsetsa kuti anyamata ndi atsikana ali ndi moyo wathanzi, alandira maphunziro okwanira, komanso apatsidwa maluso ndi mwayi wasiyanasiyana kuti athe kutengapo mbali potukula chuma cha dziko.



Dziko la Malawi likhoza kupililiza ntchito zake zabwino lakhala likupanga mbuyomu poonetsetsa kuti ntchito zokhazikitsa maziko amphanvu othandiza achinyamata kukhala ndi moyo wabwino wokhudza nkhani za kugonana ndi uchembere zikuikidwa patsogolo pa ntchito za chitukuko cha dziko.

Izi ndi zotheka ngati dziko la Malawi likwanilitsa ntchito ndi zolina za mu ndondomeko ya achinyamata a dziko lino ndikuonetsetsa kuti ntchito zokhudza achinyamatawa zikupatsidwa ndalamu ndi chithandizo zokwana mmbali zonse za chuma cha dziko lino.

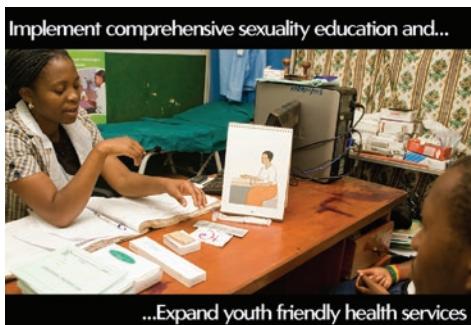


Photo credit: Richard Lord.

Dziko la Malawi likuyenela kukhazikitsa ndondomeko komanso kukwanilitsa maphunziro a achinyamata a za uchembere, ndi kuonetsetsa kuti chithandizo chomwe achinyamata amalindira chikufikira achinyamata ambiri mdziko muno.

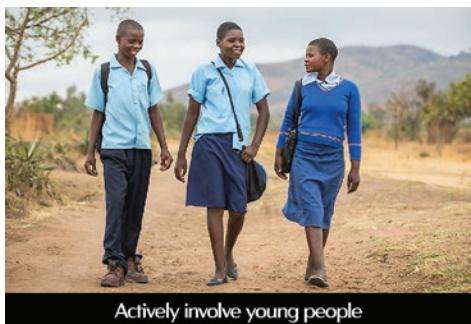
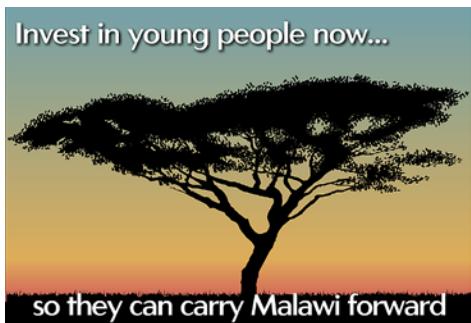


Photo credit: C Robin Wyatt  
[www.robinwyatt.org/photography](http://www.robinwyatt.org/photography) | robin@robinwyatt.org.

Atsogoleri onse aonetsetse kuti achinyamata akutenga nawo mbali pa ntchito zokwanilitsa ndondomekoyi, ndikuwalimbikitsa achinyamata kupitsa patsogolo ntchito zokhudza ufulu wawo. Maziko omwe tikhazikitsa adzakhala a phindu ngati achinyamata akutenga nawo mbali pa ntchito zosiyansiyana ngati nzika zodalilika za dziko lino.



Ngati tizindikira ma ufulu a atsikana ndi anyamata, makamaka ufulu wopeza chithandizo chokhudza nkhani zogonana ndi uchembere, komanso kuwathandiza kuti akule bwino, achinyamatawa adzakwanitsa kupitsa patsogolo dziko lathu lino ndi kulitengela dzikoli ku tsogolo lowala bwino.

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## Acknowledgements

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