

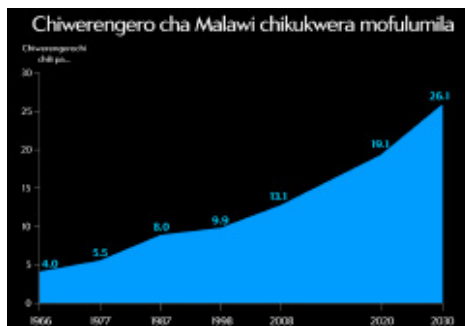
Amalawi Ogwirizana: Chikhulupiriro, Chiwerengero cha anthu, ndi Chitukuko



Chimango ndi mkulu wa mpingo amene ali ndi cholinga chofuna kutukula ndi kupititsa patsogolo miyoyo ya anthu. Iye waona amayi ambiri ndi ana akumwalira pa nthawi imene amayi oyembekezera akuchira. Iye akudziwa kuti imfa zamtunduwu zikanatha kupewedwa achikhala kuti anthu amakhala ndi dongosolo pa nkhani ya kulera, kukula kwa banja lawo komanso kubereka ana motalikanitsa.

Pamene anali achinyamata, Chimango ndi mkazi wake, Eliza, adasankha kutsata njira za kulera motsogozedwa ndi chiphunzitso cha chikhulupiriro chao. Izi zimawathandiza kukhala ndi dongosolo la uchembere wabwino kuti choncho akhale ndi moyo wathanzi, aphunzitse bwino ana awo, akwaniritse zolinga za pa moyo wawo, ndiponso kuti adzitha kupeza zosoweka zawo zonse pa banja lao.

Masiku ano, Chimango ndi mkazi wake, Eliza, amanka namachezera anzawo kuti akambirane za kulumikizana kumene kulipo pakati pa chikhulupiriro chawo mwa Mulungu ndi dongosolo la kulera, uchembere wabwino komanso kubereka ana motalikanitsa. Iwo akufuna kuti anthu onse akhale ndi mwai wotsata njira zabwino za kulera, kuti anthu m'mabanja ndiponso m'dziko, alandire chisamaliro chokwanira.

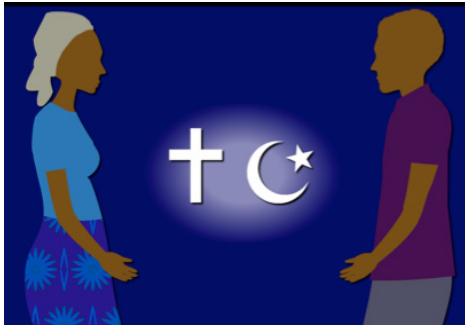


Lero, chiwerengero cha anthu ofuna kutsata njira zakulera ndi chachikulu chifukwa chakuti chiwerengero cha anthu m'dziko la Malawi chakwera kwambiri kufika pamene sichinafikepo nkale lonse.

Chiwerengero cha anthu m'dziko la Malawi chakwera mofulumira kuchoka pa 4 miliyoni m'chaka cha 1966, kufika pa 15 miliyoni lero lino. Ndipo ngakhale kutapezeka kuti anthu akubereka ana ocheperako, tiyerekeze anayi pa mayi mmodzi aliyense, zikuyembekezekabe kuti chiwerengero cha anthu m'Malawi chidzafika pa 26 miliyoni pofika 2030.¹



Gawo lalikulu la anthu m'Malawi ndi loopa Mulungu. Ambiri mwa iwo ndi Akhristu ndi Asilamu.²



Moyo wa banja, nkhani ya maudindo m'banja, komanso maubale, maphunziro, umoyo wabwino ndiponso kubereka ana, zimaunikiridwa ndi zikhulupiriro zathu.

Atsogoleri a mipingo ndi a zipembedzo, pokhala pakati pa anthu, amaongolera chikhaliidwe cha anthu awo. Choncho iwo amatha kufalitsa mauthenga olimbikitsa chikhaliidwe chabwino choyenerera bambo kapena mayi, mounikiridwa ndi chikhulupiriro.



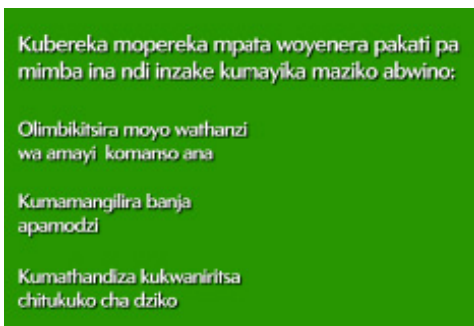
Nkhani yaikulu pa za kulera ndi kukhala ndi dongosolo lotarikitsa nthawi munthu asatenge pakati kuti anthu asamabereke ana ambirimbi. Apa, ndiye kuti anthu ayenera kukhala ndi dongosolo lokhudza nthawi nthawi pamene angathe kukhala ndi ana, yotalikitsa nthawi asanatenge pakati pena, pogwiritsa njira zakulera zopezeka kuchipatala kapena zachilengedwe.

Atsogoleri ena a mipingo ndi a zipembedzo m'Malawi muno— Achikhristu komanso Achisilamu—akuthandiza polimbikitsa kuti mabanja azitsata njira zoyenera pankhani ya kulera.



Makono ano, zinthu zambiri zapitita patsogolo zimene zathandizanso kuti pakhale kusinth pankhani ya kulera m'Malawi muno. Komabe pakadali mavuto ambiri.

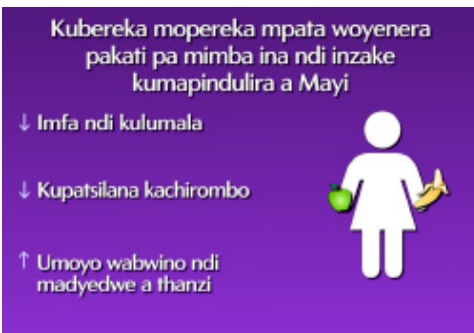
Mwachitsanzo, pafupipafupi mwana mmodzi mwa ana 6 aliwonse, amabadwa zaka ziwiri zisanathe chibadwire mwana amene wopondana naye. Zoterezi ziyimaika moyo wa ana ndi amayi pachiwopsezo, kapena imfa imene.³



Kafukufuku waonetsa kuti kutsata dongosolo la uchembere ndiye maziko a izi:

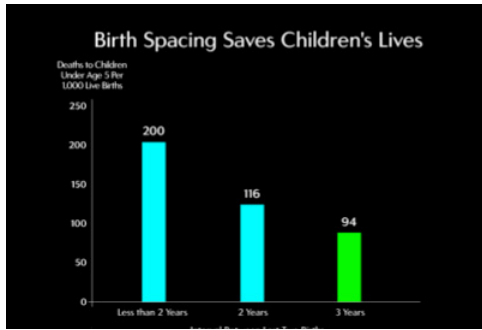
- Kupititsa patsogolo moyo wa amai ndi ana
- Kulimbitsa mabanja
- Kupititsa patsogolo chitukuko cha dziko

Zotsatira zimenezi zikugwirizana kwambiri ndi zolinga za atsogoleri a mipingo ndi a zipembedzo.



Pali ubwino wambiri wa kukhala ndi dongosolo la kukula kwa banja.

- Kwa amai, kulera kumachepetsa imfa ndi zilema zimene zingathe kudza kamba ka kuchembeza pafupipafupi; izi zimalewedwa potenga pakati m'nthawi yoyenera ndiponso kubereka ana motalikanitsa.
- Uchembere wa dongosolo umachepetsanso mwayi woti mayi apatsire mwana kachiroambo ka Edzi pamene akuchira.
- Kuonjeza apo, mayi ndi mwana amakhala a moyo wolimba ndi wathanzi.



Kubereka ana motalikanitsa kumapulumsa miyoyo ya ana:

- Pa chithunzira tikuwona chitsanzo cha kulumikizana kumene kulipo pakati pa kubereka ana motalikirana ndi kukhala ndi ana athanzi.
- Ana obadwa motsatana pasanathe zaka ziwiri amakhala pachiwopsezo cha imfa asanafike zaka zisanu zakubadwa, poyerekeza ndi ana obadwa motsatana patatha zaka zitatu.⁴

Kubereka mopereka mpata woyenera pakati pa mimba ina ndi inzake kumapindulira ana

- ↑ Kupulumuka kwa ana
- ↑ Umoyo wabwino ndi madyedwe athanzi
- ↑ Kuphunzira

Pothandiza makolo kuti adzilera kwa zaka zitatu asanatenge pathupi, kapena kuti kutarikanitsa kupondana kwa ana, kumathandiza kuti mwana akhale moyo. Kuonjeza apo, kulera ndi chiyambi cha moyo wabwino ndi wathanzi kwa mwana, ndi maziko a mwayi wa maphunzira abwino ndiponso a kupeza bwino.

Kubereka mopereka mpata woyenera pakati pa mimba kumapindulira bambo ndi mayi

- ↑ Maphunziro ndi ntchito
- ↑ Chuma cha pa khomo
- ↑ Chithandizo choyenera kwa ana
- ↑ Mwayi kwa amayi

Kwa abambo ndi amai, kukhala ndi dongosolo pa nkhani ya kukula kwa banja kungawathandiza iwo eni makolo kuti akwanitse zolinga za wawo monga pankhani ya maphunziro ndi zina. Zotsatira za dongosolo la kulera nkuti banja limatha kukhala chuma zinthu zokwanira kuti athe kupereka chisamalira chokwanira kwa mwana aliyense.

Kuti mayi atenga pathupi m'nthawi yoyenera ndiponso kuti alere, ndi dongosolo limene limathandiza kuti mabanja akhale olimba pakulimbikitsa izi zimafunika kuti bambo ndi mayi pamodzi athe kukambirana ndi kumanga mfundo limodzi. Izi zimapatsa amayi mwayi wotukula miyoyo yao.

Kubereka mopereka mpata woyenera pakati pa mimba ina ndi inzake kumapindulira dziko la Malawi

- ↑ Midzi yathanzi
- ↑ Zofunika pamowyo watsiku ndi tsiku komanso zachilengedwe
- ↑ Chitukuko cha dziko

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Phindu lokhala di dongosolo la kulera ndi kukula kwa banja kukukhudzanso dziko la Malawi. Zithandiza mabanja kuti apewe imfa ndi matenda; kuti achite maphunziro apamwamba ndiponso apeze ntchito. Zithandiza kuti adzisungako knagachepe ku mabanki - choncho kulera, ndi kukhala ndi banja lalikukulu moyenerera, kumachititsa kuti anthu m'dziko akhale amoyo wathanzi ndiponso akhale ndi chuma.

Kusinthika kwa moyo wa anthu kotere kungathandize kuti Boma nalo lithe kulowetsa china mwa chuma chake ku zitukuko zina zosiyanasiyana malinga ndi zolinga zake.



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Dziko la Ejipto ndi chitsanzo, kumene atsogoleri a mipingo ndi zipembedzo anatenga gawo lalikulu polimbikitsa anthu awo kuti ayambe kuchitapo kanthu pankhaniyi ndi pakutalikitsa kutalikitsa nthawi ya uchembere amayi asanatenge pathupi pena.

M'chaka cha 1988, amayi 36 okha mwa amayi 100 aliwone okwatiwa ndiwo amene ankagwiritsa ntchito njira zakulera. M'zaka za ma 1990, Boma linalimbikitsa zokhudza njira za kulera ndi kutalikitsa nthawi amayi asanatenge pathupi pena kuti ana azibadwa motalikirana - mogwirizana ndi chiphunzitsa cha mipingo ndi zipembedzo.

Pozindikira mphamvu zimene mipingo ndi zipembedzo zinali nazo, Boma la Ejipto lidaona kuti nkwabwino kugwira ntchito yomulumikizana ndi atsogoleri a mipingo ndi zipembedzozo. Amipingo ndi zipembedzo adagwirizana ndi mfundo za Boma zothandiza kuti amayi apabanja adzitsata njira zowathandiza kubereka ana motarikanitsa, ndiponso kukhala ndi ana amene angathe kuwasamalira mokwanira, potsata njira za kulera zovomerezeka ndi mipingo yawo kapena zipembedzo zawo.



Boma la Ejipto linayika ndalama zochuluka zopititsa patsogolo zaumoyo, maphunziro a anthu, ndipo linaonetsetsa kuti anthu ochuluka akupeza ntchito. Pofika mchaka cha 2008, patatha zaka 20, mauthenga olimbikitsa kuti anthu azilera ndi kugwirizana za kuchuluka kwa ana pa banja lawo unali atafalikira anthu ambiri; Koposa theka la amayi apabanja mdzikolo, kapena tinene kuti pafupifupi 6 mwa amayi khumi aliwone, anali atayamba kugwiritsa ntchito njira zakulera; Imfa za amayi pobereka ndiponso ana zinachepa; Amayi ambiri anayamba kuchita maphunziro apamwamba; ndipo chuma cha dziko lawo chinayamba kukwera.⁵

Atsogoleri a Mipingo

Phatikizani uthenga wa za ubwino wa kubereka mopereka mpata woyenera pakati pa mimba ndi mauthenga anu achipembedzo ngakhaleenso zikhulupiliro zachimbedzo chanus

Kuno ku Malawi, atsogoleri a mipingo ndi zipembedzo, akuyenera kuyika mauthenga okhudza ubwino wa kulera ndi kukhala ndi banja lalikulu moyenerera, pamodzi ndi zimene chikhulupiro chawo chimaphunzitsa. Iwo ayenera kulimbikitsa zoti achinyamata azilowa m'banja atafika pa msinkhu woyenera ndiponso atakhwima m'thupi ndi m'maganizo; kuti adzibereka ana motalikanitsa pofuna kuti moyo wa mayi ndi mwana udzitetzedwa ndipo kuti adzikhala ndi moyo wathanzi.

Atsogoleri a boma

Gwiriranani manja ndi atsogoleri ndipo perekani chithandizo ku mabungwe a mipingo a m'madera (ma FBO) kuti pakhale kubereka kopereka mpata woyenera pakati pa mimba

Akulu a Boma ndi atsogoleri andale alimbikitse ntchito zophunzitsa anthu ubwino wa kulera komanso kubereka ana motalirikanitsa. Iwo achite izi mogwirizana ndi atsogoleri a mipingo ndi a zipembedzo. Atsogoleri a boma ndi andale apereke thandizo cha chuma lokwanira kwa a mipingo ndi a zipembedzo omwe akulimbikitsa nkhanayi kumadera kwawo.

Atsogoleri a za umoyo

Onetsetsani kuti chithandizo chokhudzana ndi umoyo waubereki wabwino chikulemekeza dzikhulupiriro za mipingo zosiyanasiyana

Atsogoleri a ntchito zaumoyo ayenera kugwirizana ndi ogwira ntchito mzipatala, ndikuonetsetsa kuti amuna ndi akazi akulandira chithandizo chimene akusowa pa nkhanayi, koma molemekeza zikhulupiriro za anthuwo.

Atsogoleri ku Maphunziro

Onetsetsani kuti uthenga wa umoyo wa ubereki wabwino ukuperekedwa m'masukulu komaso kuti ndi oyenera ku zikhulupiriro zosiyanasiyana

Atsogoleri a zamaphunziro, kuphatikizapo aphunzitsi, aonetsetse kuti nkhanzi za ubwino wa kulera ndi uchembere wabwino zikuphunzitsidwa m'masukulu.

Aonetsetse kuti maphunziro amene akuperekedwa kwa achinyamata m'masukulu ndi oyeneradi kwa msinkhu waophunzirawo, omwenso ndi a zikhulupiriro zosiyanasiyana.

Atsogoleri onse

Kambani za udindo wa chipembedzo komanso kubereka mopereka mpata woyenera pakati pa mimba ku mabanja a thanzi ndi Malawi wathanzinso

Atsogoleri osiyanasiyana amabungwe, anthu akuluakulu, makolo ndi atsogoleri achinyamata- amuna ndi akazi omwe – akambirane za gawo la chikhulupiriro chawo pankhani kuchuluka kwa ana amene banja lingathe kukhala nawo komanso uchembere kuti pakhale ndi mabanja moyo wathanzi komanso Malawi wa moyo wabwino.



Mabuku ndi Malipoti Amene Tagwiritsa Ntchito

Tikayika mtima pa nkhanzi ya kulera, kubereka ana motarikanitsa, ndipo tikatika mtima ya umoyo wabwino, maphunziro ndi kuti anthu adzipeza mwayi wa ntchito, zotsatira zake zabwino zioneke m'dziko lathu:

- Umoyo umapita patsogolo;
- Mabanja akhala olimba;
- Chuma chadziko chikwera
- Dziko liona chitukuko.

Mabuku ndi Malipoti Amene Tagwiritsa Ntchito

- 1 Malawi National Statistical Office, *2008 Population and Housing Census* (Zomba, Malawi: National Statistical Office, 2008); and United Nations Population Division, *World Population Prospects: The 2012 Revision* (New York: Population Division of the Department of Economic and Social Affairs of the United Nations Secretariat, 2013).
- 2 Malawi National Statistical Office, "2008 Population and Housing Census Results," accessed at www.nsomalawi.mw/index.php/2008-population-and-housing-census/107-2008-population-and-housing-census-results.html, on Dec. 2, 2014.
- 3 Malawi National Statistical Office and ICF Macro, *2010 Malawi Demographic and Health Survey* (Calverton, MD: ICF Macro, 2011).
- 4 Malawi National Statistical Office and ICF Macro, *2010 Malawi Demographic and Health Survey*.
- 5 Fatma El-Zanaty, Ann Way, and Macro International Inc., *2008 Egypt Demographic and Health Survey* (Calverton, MD: Macro International Inc., 2009); and Farzaneh Roudi-Fahimi, *Islam and Family Planning* (Washington, DC: Population Reference Bureau, 2004).

Kuthokoza

Amalawi Ogwirizana: Chikhulupiro, Chiwerengero cha anthu, ndi Chitukuko ndi chida cholengezera uthenga wochirikizika kudzera munjira zosiyanasiyana. Chidachi chidapangidwa mchaka cha 2012 ndi kagulu ka anthu wogwira ntchito zosiyanasiyana ka Malawi ENGAGE komwe kamasongozedwa Ministry of Finance, Economic Planning and Development, ndi chithandizo cha bungwe la Population Reference Bureau (PRB) kuzela ku ntchito za 'Informing Decisionmakers to Act (IDEA). Kabukuka kanasindikizidwa ndi chithandizo chochokera ku mnzika za kwa Ameleka kuzera ku nthambi yoona za chitutumoko pa dziko la boma la Ameleka (United States Agency for International Development (USAID)) yomwe inapeleka thandizoli ku ntchito ya IDEA yomwe nambala yake ndi AID-OAA-A-10-00009. Zonse zomwe zalembedwazi zikuyimira maganizo a bungwe la Malawi ENGAGE ndi bungwe la ntchito za Population Reference Bureau osati nthambi yoona za chitutumoko pa dziko la boma la Ameleka (United States Agency for International Development (USAID)) kapena boma la United States.

