

# IGITABU CISUNGWA N'ABIGEME BAVYAYE BATARUBAKA MU GUSHINGA INTAHE KUVYABASHIKIYE MW'IKORANIRO

**Wihangane ! Bizogenda neza**



Projet Renforcement des structures de santé dans  
le domaine de la planification familiale et de la santé  
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## Intangamarara

Guhera mu mwaka wa 2015, ubushikirangaji bw'indero bwarihayeho ihangiro ryo kugabanya inda z'indaro gushika ku 0 mu mashure ariko ibiharuro vyerekana ko hakiri intambwe kugira iryo hangiro rishikweko.

Umwihwezo wagiriwe abakobwa bavyaye batarubaka baturikije mu nani zo ku mavuriro 29 asanzwe afashwe mu mugongo n'ishirahamwe GIZ mu mugambi wo guteza imbere irondeka rijanye n'amagara meza mu rwaruka, urerekana ko ibice bingana na 30,4% vy'abakobwa bavyaye batarubaka bari bararonse inyigisho zijanye n'irondeka imbere yuko basama imbanyu, ibice 33,5% nabo baronka inyigisho bafise imbanyu ya mbere, ibice 36,1% nabo baronka inyigisho inyuma yo kwibaruka (canke imbanyu yakorotse). Ivyo rero biragaragaza ko hakenewe ko urwaruka rworonka inyigisho zerekeye irondeka rijanye n'amagara meza imbere y'uko bahura n'impanuka zibakwegera gukora imibonano mpuzabitsina hatagera. Ico cigwa nyene kirerekana ko ibice bingana na 17,8% bemeza ko bavyaye kubera bafashwe ku nguvu, ibice 76,1% nabo bavugaga ko habayeho imibonano mpuzabitsina batavyumvikanyeko nabo babikoranye. Ibice vyababa 50% bibarutse batarashikana imyaka 19, benshi batwaye inda bakiri mu'ishure, harimwo n'abari bakiri mu mashure y'intango. Ico cigwa nyene kirerekana ko mu ngingo zofatwa kugira hagabanuke igitigiri c'abigeme batwara imbanyu bakiri abanyeshure ko « gushinga intahe yivyabashikiye mu buzima » ari inzira ifasha.

Mu bikorwa vyagiye biraba vyo gutunganya ibiganiro ku bigeme batwaye imbanyu batarubaka mu karere umugambi usanzwe uranguriramwo imirimo, bamwebamwe baragiye barashinga intahe ku vyabashikiye mu buzima bwabo. Abajwejwe umugambi nabo basanzwe bakorana mu gushira mu ngiro uwo umugambi barabonye akamaro ntangere ko gushinga intahe kuko bituma imigwi imwimwe (urwaruka, abavyeyi, abashira mu ngiro umugambi...) ihindura uko yahora ibona ibintu, haba mu nyifato n'ibindi. Barabonye kandi ko n'abo bigeme bavyaye batarubaka icyo bashinze intahe nabo nyene ubwabo basubira kubona ko bari mu bandi, bakiyakira, bakiyemera uko bari bagasubira kubona ko ari abantu nk'abandi kugira bashobore guhangana n'ubuzima bwabo bwa minsi yose haba mu miryango canke mu kibano.

Iki gitabu rero cateruriwe abo bigeme bavyaye batarubaka bifuzaga gushinga intahe kuvyabashikiye. Kiranatanga impanuro zibafasha kwitegurira gushinga intahe imbere y'urundi rwaruka canke imbere y'abavyeyi n'ingene ndetse baza kwakira ivyo abumvise intahe bashobora gukora (vyaba vyiza canke bibi).

# 1. Abakobwa bavyaye batarubaka

Mu mico y'abarundi, biragaragara ko guha agaciro umukobwa yavyaye atarubaka bikiri kure nk'ukwezi.

Abakobwa bavyaye batarubaka baca baba nk'ibicibwa mu muryango, barahabwa haba ku bavyeyi ndetse mbere no ku ncuti zibegereye. Imico y'ikirundi ituma uwo wese avyaye atarubaka adasubira kwitabwaho. Kuvyara ukiri inkumi ni ikibazo kinini, umutwari munini muri rusangi ku muryango no ku buryo bwihariye kuri uwo mwigeme. Aba abaye umuvyeyi hatari bwagere kandi atanavyiteguriye bigaca bimugora kurangura ibanga ry'ubuyeyi kuko asanzwe akiri muto. Ntashubira kubona kazoza kiwe ingene kameze.

Abakobwa bavyaye batarubaka baca bagira umwizero muke kuri kazoza keza kabo cane cane iyo baciye batanasubira ku ntebe y'ishure. Ivyo rero bituma haba ingaruka mbi kuvyerekeye amagara, imibereho yabo mu muryango no mu kibano.

Ibituma nyamukuru abakobwa bavyaye batarubaka ni nkibi :

- ▶ Kubura inyigisho zijanye n'imibonano mpuzabitsina;
- ▶ Abavyeyi badatanga indero ikwiye ku bana babo;
- ▶ Ubukene butuma badashobora kwikenura muvuyi bari bakeneye;
- ▶ Ukuryoshyoshwa n'imisore n'abagabo;
- ▶ Guha agaciro gakomeye kwubaka (kubona ko kazoza kiwe ari umugabo);
- ▶ Ukutamenya

Abakobwa bavyaye batarubaka bahurikiye mw'ishirahamwe SENGE baratahuye ko iyo bagiye barashinga intahe imbere y'urundi rwaruka, imbere y'abantu bakuze bo mu kibano n'imbere y'imboneza n'indongozi zo mu kibano bibatuma biyumva, bakitahura bikanatuma inda z'indaro zigabanuka mu rundi rwaruka.

Mu bikwirikira, twagira dushikirize ivyiyumviro vya bimwebimwe abakobwa bavyaye batarubaka bashobora kwifashisha mu gutegura ingene boshinga intahe. Aha rero turerekana ivyo abakobwa bavyaye batarubaka bakeneye kugira bashobore gushinga intahe kuvyabashikiye, ico shimikirwako, n'ubuhinga bokoresha mu gushinga izo ntahe zabo.

## 2. Intahe

Intahe ni icemezo umuntu ashikiriza mu kuvuga ukuri kuco yabonye, yumvise, canke yabayemwo. Ku vyerekeye abakobwa bavyaye batarubaka, bavuga ivyo babayemwo kandi babandanya babamwo kuva aho basamiye imbanyu.

Intahe ifise intumbero yo kuburira no kumvisha abandi bigeme ingene bokinga gutwara imbanyu batarubaka. Iyo ntahe ifise kandi intumbero yo gukebura abakuze, ibikorwa bokora mu gukinga imbanyu z'abigeme batwara batarubaka n'ingene bohindura inyifato bagira imbere yabo bigeme.

Intahe y'ubuzima usanga ifise intumbero zibiri:

- Ituma abigeme basabirikaniriza abandi ivyo bacyemwo ku bijanye no gutwara imbanyi batifuza, bigatuma abantu batahura mbere ikumirwa bagirirwa rikagabanuka
- Mu gutanga intahe utuje bituma umwigeme yatwaye imbanyi atarubaka ahava nawe nyene yiyakira, akiha agaciro, akabona ko agifise akamaro mu muryango, akugurukira imiryango, ababanyi n' ikibano.

Intahe ntitegerezwa kuba igikoresho umwigeme yifashisha kugira yerekane ububabare bwiwe mukwimenyekanisha canke ngo ibe igikoresho c'ukwiteza imbere mu mwuga. Umwigeme agifise intuntu y'ivyamubayeko nategerezwa gushinga intahe kuko ntivyomworohera.

Intahe yose iba ari ukuri kw'ivyagushikiye, ivyakubayeko, ivyo wabayemwo. Nico gituma mukuyis-abikaniriza abandi,umuntu yama atangura yivuga : jewe naka....

Umukobwa wese yavyaye atarubaka avuga ivyamubayeko haba ku mubiri, mu majambo, mu mutima. Intahe y'umukobwa yavyaye atarubaka yama ishingiyeye ku nyabutatu zikurikira :

- Igihagararo ciwe naco kikerekanwa nawe nyene (présence physique) hamwe n'amajambo ashikiriza
- Umugambi w'umwigeme, ico ashaka gushikako
- Intahe yiwe kugira isabikanirizwe abandi.

Intahe itanzwe nabi irashobora kugira ingaruka mbi bakiriko barayishikiriza canke inyuma yo kuyishikiriza. Nico gituma rero bikenewe cane gutegura neza intahe imbere yo kuyishikiriza.

## 2.1 Gutegura intahe (imbere yuko ishikirizwa)

### Intambwe 1 : Menya kandi utahure abo ushingira intahe

Imbere yo kuja ahabera intahe, umwigeme yavyaye atarubaka harakenewe ko amenyeshwa:

- A. Abo aza kuyagira ingene bameze, abize/abatize, abagize udushirahamwe tw'abigeme bavyaye batarubaka, abanyeshure, abavyeyi, abamenyeshamana, urugero rw'imyaka barimwo, ibitsina vyabo, ...kugira uyo mwigeme ashobore kwitegura bihagije.
- B. Ingene abagize ikoraniro bameze:
  - ▶ Ni benshi
  - ▶ Ni bake
  - ▶ Arabazi
  - ▶ Ntabazi
- C. Ufatiye kubo uza gushingira intahe, ntukoresha amajambo amwe, utegerezwa kumenya ingene wifata, inyambaro...  
Utegerezwa kumenya ingene wifata, ukama ushira k'umuzirikanyi ingene wifata ukurikije « bande bakwumviriza ».

### Intambwe ya 2 : Gutegura intahe ushikiriza

- D. Kumenya neza ubutumwa uza gutanga.

- E.** Guserangura inkuru uza gushikiriza nizo udashikiriza (iyo udakoze uwo mwimenyerezo imbere hariho inkuru ushobora kwibagira kandi wari wifuje guzishikiriza).
- F.** Gutegura neza ubufasha (ni nde anyunganira ?), mugabo ukirinda ko bagufasha cane kuko wohava usanga ivyo wagomba gushikiriza atarivyo ushikirije. Nukwibuka ibintu bihambaye nko kuva kuri 2 gushika kuri 5 utegerezwa gushikiriza.
- G.** Kwibuka ibihe bihambaye vy'inkuru.
- H.** Ubutumwa ushaka gutanga butegerezwa kuba burimwo neza mu ntahe ushikiriza
- I.** Gutegura neza ubutumwa ushaka gushikiriza, bukagira intango, hagati n'iherezo.

## 2.2 Mukiringo co gushinga intahe

### Intambwe ya 3: Gutegura intahe

Mu gihe co gushinga intahe, bisabwa kureka umwigeme yavyaye atarubaka agasangiza intahe yiwe n'abandi nk'uko yabiteguye mu kwerekana ibikuru bikuru vyaranze kahise kiwe.

Iyo ntahe izogira akamaro mu gihe ategekanije ingene atangura, ingene arangiza n'ingene ashiramwo ibiringo bikuru bikuru vyo hagati mu ntahe ido n'ido.

- Raba neza ko hari umuntu ari ngaho kugira ashikirize intangamarara, avuge intumbero y'intahe kandi abashigikire mu gukaburira abantu ngo babatege yompi ataho bahengamiye, badaca imanza.
- Idondore, uvuge uwo uriwe mu majambo make n'igituma uri ngaho.
- Tangaza n'ikintu gikabura abakwumviriza, (ari nk'ikibazo mugabo uzi neza inyishu yaco), ari nk'ijambo ryavuzwe n'umuntu yubashwe (kugira ushigikire ubutumwa bwawe), agacamugani karimwo inyigisho.
- Ugumane imvugo n'inyifato y'akamwemwe.
- Vuga ibitomoye n'amajambo abereye : utanyarutsa kandi utikwegura.
- Ntiwibagire ibihe bihambaye, mugabo intahe ntiyoreza iminota 20.
- Koresha amajambo atomoye ashobora gutahurwa na bose.
- Bwira ikoraniro ahari ingorane, inyishu mushobora gutanga ku bwanyu n'ivyotegekanywa kugira bagufashe.
- Tanga umwanya w'ibibazo n'inyishu, mu gihe ikibazo kitakwerekeye urafise uburenzira bwo kubaza mw'ikoraniro ko hari uwokwishura (aha ni umwanya wo gusaba intererano ya bose) cane cane ko muzoba mufise intumbero yo guhindura inyifato ku rwaruka rw'imiyabaga (abahungu n'abigeme).
- Murashobora gutishura ibibazo vyerekeye ubuzima bwawe (inkoramutima).
- Tegekanya ugusozera kunyarutsa harimwo icegeranyo c'ibice bikuru bikuru.
- Heraheza mu gusaba icokorwa kandi gitera intege. Fasha ikoraniro !
- Shimira ikoraniro kubona bakumvirije.

**M.N :** Kenshi intahe yama iherekezwa n'ibigumbagumba bisaba kuvyitanga kuri uwo mwigeme arico gituma ategerezwa kuvyitegurira imbere.

## 2.3 Inyuma y'intahe

- Suzuma ingene vyagenze mu gutangurira kuvyagenze neza kandi wishimire ivyo washoboye. Shikiriza ku bikwerekeye ikigaragara ko ari intibagirana mubuzima bwawe. Utangure kuvyo ubona ko ari vyiza hama ushime aho ubona wateye intambwe.
- Shikiriza ibikeneye guhinyanyurwa mu bugwaneza no gutahura ariko mu buryo bwumvikana. Bishoboka, saba bakubwire ingene babibonye abantu bakubaye hafi canke umworosha yaguherekeje.

## 3. Ingene wokwifata mu gihe c'ibigumbagumba

Gushinga intahe mw'ikoraniro biherekezwa n'ibigumbagumba biri imice ibiri :

- ▶ Guhangana n'ibigumbagumba vyinshi (ubwoba, agahinda,...): Abigeme bavyaye batarubaka bamaze gushinga intahe baramaze kuvuga ko bumva bahungabanye mu mibiri yabo kandi bakagira ibimenyetso ku mibiri yabo nko kubura itiro buca baja gushinga intahe. Ibigumbagumba bikomeye bishobora guterwa n'ukwiyumvira ko batazobishobora.
- ▶ Ubwoba bwo kubonwa uko batari canke kutemerwa n'abandi, kutaronka ico bavuga canke kwishura ku kibazo kibajijwe mw'ikoraniro mu gihe habaye umwanya wo guhanahana ivyiyumviro inyuma y'intahe, gushika kure mu ntahe, ni ukuvuga kwiyerekana wese no gutanga inkuru yo mw'ibanga, vyose ni ibituma haba ibigumbagumba ku mwigeme yavyaye atarubaka ahamagariwe gushinga intahe.

### 3.1 Ibintu vyo gukora mu gihe c'ibigumbagumba

#### ■ Guhumeka neza

Gufata umwanya wo guhumeka neza bizotuma intahe iba ngirakamaro kandi ikigisha. Uguhumeke utekanye kandi ushikana kure, kurafise ikimazi mu gufata ijamba. Havugwa ko haba uguhumeke ko mu nda, bisigura guhumeka « n'inda », ntiwibagire kubikora imbere yo gushinga intahe kugira ugabanure umubabaro n'uguhungabana.

Nk'akaroro, rondera ahantu hatekanye hama winjize impwemu nyinshi mu zuru. Hagarika guhumeka imisekonda 5 hama usohore impwemu buhorobuhoro ziciye mu kanwa. Gira umwanya munini wo gusohora impwemu kugira umubiri umererwe neza. Mu bisanzwe, imbere yo kuvuga, guhumeka winjiza impwemu bituma uvuga utekanye kandi wishigikiye. Iyumvire gufata umwanya wo kuruhuka ukwiye, mbere ivyo bizotuma ivyo uriko uravuga bigira uburemere (agaciro).

#### ■ Tunganya neza inyifato yawe

Kugira ngo ushikirize ijamba ugononokewe kandi wishigikiye mu vyo uvuga :

- Hagarara neza : raba ko hari umwanya hagati y'ibirenge vyawe, umugongo ugororotse, umutwe ushinze, amaboko nayo yuguruye.
- Shinga intahe uraba abariko barakwumviriza kugira utange ubutumwa bwawe hama werekane ibigumbagumba vyawe mu gihe kibereye. Iryo bizotuma haba



ukwegerana n'ikoraniro, kandi ritegere ryongere ryumvirize intahe yawe. Mu gihe hari abantu utinya, ibuka ko nabo hari intege nke bafise kandi bashobora kugira urugero rwo guhungabana kandi ko atari bo bonyene uriko urabwira.

### ■ Kwengenga umwansi wawe mubi cane

Umwansi wawe mubi cane iyo ugira ufate ijamba mw'ikoranoro kugira ushinge intahe, ni **wewe** (ubwoba bwo kutabishobora). Birakenewe ko wiga kwengenga uwo mucamanza ari muri wewe. Twese turafise ubushobozi bwo kwipanga neza kugira tureme, tugire icizere gikwiye kugira dushike ku ntsinzi. Uguhungabana kwama gushaka kwerekana ko ibintu ari bibi kandi kukadusunikira kubona ibintu vyose mu ruhande rubi, ari co gituma bikenewe kubona ibintu mu ruhande rwiza mu ntambuko zikurikira :

- Kurema ishusho y'intsinzi mu vyiyumviro vyawe, wiyumvira ko uriko urashikiriza ikiganiro wifitiye ubwizigirwa n'ukwiyemera ko ubishoboye.
- Iyumvire nk'uko woba uriko urakayangana n'ukuntu abakumviriza bafise ico bakwitezeko.

Bisabwa kwibuka ko nimba uri ngaho, ukaba ugira uvuge mw'ikoraniro ry'abakumviriza, ni uko hariho ababisavye, kuko wemewe ko ufise ico uzaniye abawumviriza.

Kugira twengenge umwansi, imyimenyerezo yo kubona neza irafise ikimazi kugira twikingire uguhungabana: ugara amaso, iyumvire ko vyose biriko bigenda neza. Kubibamwo utaranatanga intahe yawe bituma haba umwiteguro mwiza. Umwimenyerezo wo guhema cane ni ikirwanisho gitsinda guhungabana.

### ■ Gufata ku mutwe intambuko za mbere

Kuba wafashe ku mutwe amajamba ya mbere, naho ryoba ari iryungane ryo gutangura risanzwe nko gushimira abantu ko bitavye ikoraniro, birafasha kurengana umwanya wa mbere w'uguhungabana kuko imyanya ya mbere iri n'akamaro.

### ■ Gutangura buhoro buhoro

Kubera ko kuvuga mw'ikoraniro kenshi bitorohera abantu, ico wifuzaga ni kimwe, ni guheza ningoga gushoboka. Nta kugira ubwoba iyo hari agacerere no kuvuga witonda cane kandi atariko usanzwe uvuga. Ivyo bituma ushobora guhumeka umwanya mu gihe bikenewe.

## 3.2 Inyifato y'inyuma y'intahe

Gushinga intahe mw'ikoraniro bifise ingaruka nyinshi, nziza na mbi, ku bigeme bavyaye batarubaka bashinze intahe n'aho babaye.

- ▶ Ubwa mbere, intahe irafise ingaruka yo kubohora no gukiza ku bigeme bavyaye batarubaka kandi bigatuma haba ukubona ukundi neza ibintu. Intahe irafise akamaro kuri abo bigeme bavyaye batarubaka mu gusambura ivyumviro bibi babafiseko kandi bigatahuza abantu muri rusangi ko ibituma batwara imbanyi bibashirako ishusho itari yo, bikenewe ko ihinduka. Gushinga intahe mw'ikoraniro ni uburyo bwiza bufasha kwigisha ivyerekeye irondoka rijanye n'amagara meza. Intahe ifise kandi ubushobozi bwo guhindura ivyiyumviro vy'uko abo bigeme bababona mu kibano no gushikana ijwi kure ry'imigwi y'abantu babangamiwe n'ibibazo bimwe bimwe.

- ▶ Ikindi, abigeme bavyaye batarubaka bafata ingingo yo gushinga intahe mw'ikoraniro ku bijanye n'ivyo babayemwo bategerezwa kuba barinda amajambo bashobora kubavugako. Rimwe na rimwe, hari ikumirwa no kwinubwa basanzwe bagirirwa iminsi yose bishobora kuja ku rundi rugero kubera intahe yashinzwe mw'ikoraniro. Hari abigeme bavyaye batarubaka bashobora kuronka ibibazo canke amajambo yerekana ko bakosheje, mbere no kubaraba nabi. Kubw'ivyo, ubufasha kuri abo bigeme bavyaye batarubaka mu gihe bashinga intahe ifasha gutosora, kwiyegeranya no gusubiza amaso inyuma ku bijanye n'uko ibintu vyagiye biragenda birakenewe. Nico gituma impanuro ku bigeme bavyaye batarubaka ari uko botegekanirizwa ubufasha mperekeza imbere yo gushinga intahe, mu mwanya wo kuyishinga ,mbere n'inyuma y'intahwe. Ivyo navyo vyokorwa n'abasanze babafasha mu mashure canke mu mashirahamwe.

**M.N :** N'ubwo hari iyo myiteguro, iyo umwigeme yavyaye atarubaka agize ibigumbagumba vyinshi (amarira, gusevura...) mu gihe ariko arashinga intahe, birakenewe ko umworosha / uhagarariye ikiganiro aba hafi agaca ashirako nk' akaririmbo, kugira bifashe uwo mwigeme yavyaye atarubaka gusubira gutekana.

**Iyo nshingiye intahe urundi  
rwaruka biranduhura**

