

Duhugurane: Ni ibihe bimenyetso simusiga byakwerekako wugarijwe n'indwara zibasira imatekerereze

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Indwara zifata imitekerereze zigaragarira mu myitwarire, aho umuntu agira imyitwarire idasanzwe cyangwa se idahuye n'amahame ya sosiyete, abo babanye bakabibona nk'ihungabana, umuntu udasobanutse, utazi kubana cyangwa se umuntu bigoye kubana na we n'ibindi bitandukanye.

Dr Jean Damascène Iyamuremye, umuyobozi wa serivisi ishinzwe kuvura indwara zo mu mutwe mu kigo cy'ikigihugu cy'ubuzima (RBC), avuga ko byemezwa ko umuntu afite indwara zibasira imitekerereze ya muntu, iyo afite imyitwarire itandukanye n'iy'abandi bantu ndetse ugasanga yatangiye guhindura bimwe mu bintu byari bisanzwe bimiranga.

Ati "Kugira ngo umenye ko imiterere y'umuntu yahindutse (Personalité), ubibwirwa n'igice kigenga imitekerereze y'umuntu, amarangamutima, uko afata ibyemezo, imyitwarire, imikorere n'imibanire ye n'abandi".

Dr Iyamuremye avuga ko hashobora kubaho imyitwarire umuntu akomora muri sosiyete abamo, kenshi igatuma ahindura uko yitwaraga mu bandi, ariko ibyo iyo bitaragera ku rwego rwo hejuru ngo ntibifatwa nk'uburwayi kuko bishobora gushira igihe asohotse muri cya kintu cyamuteye kwitwara gutyo.

Umuntu wahuye n'indwara yitwa Paranoïaque (paranoid personality), uyu afata ibikorwa by'abandi nk'ibimurwanya

cyangwa ibimuheza, nta n'umwe yizera, agira gushotorana bidafite impamvu, kubabarira biba biri kure, ashobora kugaragara nk'umunyeshyari.

Umuntu ufite iki kibazo ahorana urwikekwe rudashira, agahora yumva abantu bose bamugambanira cyangwa se bagamiye kumugirira nabi.

Uyu kandi arangwa no guhinyura, kudaha agaciro abandi cyangwa kunenga bihora bagenzi be, agahora atemera ibyo abandi bakoze, kabone n'iyi byaba ari byiza akabishakamo ikibi kandi kidahari, uyu kandi ntajya yumva ko hari ikosa yakoze.

Uwafashwe n'uburwayi bw'imatekerereze bwitwa schizoïde (schizoid personality disorder), kimwe mu bimuranga ni ukwitarura abari inshuti ze no gushaka kuba wenyine, arangwa no kutagaragaza amarangamutima(emotions), kumenya ibye biba bigoye, ahora mu gihe kimeze nko kurota cyangwa intekerezo, nta gikorwa akora mu byo atekereza.

Uwafashwe n'uburwayi bw'imatekerereze bwitwa schizotypique (Schizotypal personality disorder), arangwa no kugirana ibibazo bihora n'abo babana, agaragaza ubwoba cyangwa inkeke mu mibanire ye n'abandi, uyu kandi arangwa no guha ubusobanuro butaribwo igikorwa runaka akabona ibintu ukwe.

Urugero rw'uburyo abonamo ibintu ukwe, ushobora kumusuhuza we akumva ko kuba umusuhuje hari undi mugambi wari ufite, kumugirira nabi, kandi nyamara uko kumusuhuza ari ibintu bisanzwe.

Uyu kandi hari ubwo azakwereka ko afite ubushobozi bwo kumenya ibihe bizaza cyangwa se kureba mu bitekerezo by'abantu, kugira intumbero (focus) biba bigoye kuri we ku kintu runaka, agira inshuti nkeya, akunda kwitarura abandi. Abafite iki kibazo barangwa no guhorana ubwoba bw'ibintu bidahari, inkeke ndetse no kugira inshuti nke zishoboka.

Ni iki gitera izi ndwara z'imatekerereze?

Inzobere zivuga ko ibihe umuntu anyuramo akiri umwana, bigenga cyane imyitwarire y'ahazaza. Aha muri make bakaba basobanura ko izi ndwara zifite isoko mu bwana bw'umuntu, zishobora guturuka mu miterere ya muntu, ibyo umuntu akomora ku muryango we cyangwa ababyeyi be, ndetse hari n'ababiterwa na sosiyete umuntu abayemo (environment).

Hari uburyo bukorehwa mu kuvura izi ndwara, hafashishijwe uburyo bw'ibiganiro (psychotherapie), cyangwa hagakoreshwa imiti igenwa n'abaganga bazo (psychiatre).

