

Ka Hortegidda Isdilidda Dhallinyarada

Somali

Naf iska qaaddida dadka da'doodu u dhaxeeyso 15 illaa 24 sano ayaa dhibaato daran ku haysa Kanada. Dhallinyarannimadu waxay ahaan kartaa waqti uu qofku isku buuqsan yahay culeys badan oo maskaxeedna uu saran yahay. Inkastoo dadka intiisa badani ay ka badbaadaan sanadahaas iyagoon wax dhibaato ah la kulmin ayaa qaar kale dareemaan kaalmo la'aan iyo rajo la'aan taas oo keenta iney qudha iska jaraan. Sababaha ay isu dilaan dadku way kala duwan yihiin, laakiin arrimo qatarta ah ee ay wadaagaan waa:

- Iyaga oo hal ama in ka badan oo hore ay isku dayeen iney isdilaan.
- Haddii ay aad u buufsan yihiin (dipressed). Muuqaal (dabeecad) isrog rogtan waa lagu yaqiin da'yarta laakiin in qof uu buufsan yahay waxaa lagu gartaa in qofku uu muddo dheer uu buufasan yahay isagoo lumiya hoowshiisa iyo dhaqdhaqaaqiisa maalinlaha ah, isagoo ka soocma saaxiibadiis, isagoo tabarta lumiya , isagoo aysan jirin wax soo jiita, isagoo dareema in noloshiiba qiima lahayn, miisaanka qofka si dhaqso ah isubedela iyo isbedel ku yimaada sida uu u hurdo.
- Haddii ay dad la dhaqakoodu ay aad u careysan tahay, oo ay wax dumis iyo laab la kac ama iyagoo ku fogaado khamriga ama mukhaadaraadka.
- Haddii ay halkaas ay ka jiraan dhibaato qoys oo aad u daran, sida dagaal joogto ah oo reerka dhexdiisa ah,, isku xadgudub qoys, qoys aan isu gargaarin ama qoys dhaqdhaqaaqa caruurta aad u xadida ama xayiraad badan (restrictive).
- Xiriir aan deganay oo kala dhexeeya saaxiibada ama reerka. Arrimankaasi waa u caadi da'yarta laakiin Qatar ayey noqon kartaa haddii ay arrintu ay joogto noqoto.
- Arrimaha kale ee khatara keeni kara waxaa ka mid ah qofka oo maskaxda ka jiran sida buufsan (depression) ama qofka oo fara ka baxo (Schizophrenic) ama shaqo la'aan muddo dheer haysay tacsii ama in la faraxumeeyay (la xoogo) ama dugsiga uu ku nejixi waayo ama uu shaki ka qabo ninnimadiis (sexuality). Dadka yar yar oo u maleynayo iney yihiin Qaniis, mitaal, ayaa laga yaaba iney dareemaan iney faquuqan yihiin waayo waxay ka baqayaan in laga hadlo arrintooda. Waxaa laga yaabaa in la dulmiyo oo la cabsi geliyo ama la foorjeeyo sababtoo ah raganimadooda oo dhameyn darted.
- Dhallinyarada ku soo noolaa goobo dagaal iyo is ugaarsiga ama maskaxda wax ka gaareen inta aysan imaanin Canada waxaa laga yaabaa iney qabaan buufis (depression) ama ay dareemaan iney yihiin kuwo rajo lahayn.

Waxyaabaha hoos u dhiga iney da' yartu ay qudha iska jaraan waxaa ka mid ah iney leeyihiin ruux hadba dhiirigeliya –waalid, macallim, saaxiib dhaw, ama qof dhallinyarada la shaqeeya,- mitaal qofka oo awooda inuu maareeyo dhibaatooyinka la soo gudboonaada- qof da' yar oo firfircoon oo awood u leh inuu maareeyo xaaladaha calculus oo la soo darsa wuxuu awoodi karaa inuu si wanaagsan u maareeyo dhibaatooyinka la xiirira nolosha haddii uu ka dhashay reer kaalmo iyo xanaano ula diyaar ah. Reeraha ugu kaalmeeya caruurtooda isfaham wanaagasan , deganaasho iyo jidka toosan oo lagu hago, ariintassi waxay muhiimad gaar ah u leeday dadka yar yar.

Sidee waalidku gacan uga geysan karaan in laga hortago is dilka dhallinyarada?
(How parents help prevent youth suicide)

- In caruurta da' yarta lala yeesho xiriir wanagsan,. Arrintan sida lagu xirgelinkaro waxaa ka mid ah in waqti lala qaato iyadoo la sameyna waxyaabo idin wada farax gelinyo; kaalmo u noqo adigoon faraha la gelin xogtooda. U garaaw haddii ay isku buuqsan yihiin, mitaal, laakiin ogolow haddii aysan doonayn iney kula socodsiiyaan faahfaahinta dhibaataada haysata.
- Dhegeyso waxa da' yartu ay rabaan iney kuu sheegaan. Dhallinyaradu inta badan waxay ka cawdaan in waalidku ku deg degu iney isla markiiba talo siin kula soo boodo iyagoon dhegeysan aragtidooda iyo waxa ay tabanayaan.
- U noqo mid kaalmo ula diyaar ah haddii ay ku timaado xaalada qaalafsan sida reerka oo kala taga, dhibaatooyin kaga yimaada saaxiibada, dhibaato iyaga iyo Boliiska dhex marta, imtixaanno muhiim ah, dhibaatooyin ama qalbi jab kala soo gudboonaaada xagga dugsiga ama xagga shaqada (la taliyayaasha aradayda ee dugsiga (school counsellor) ayaa lagha yaabaa in ay diyaar u yihiin iney caawimo u fidiyaan dhallinyarada iyo waalidkood haddi ay dhibaato jirto).
- Raadso caawimo haddii aad dareento in qof dhallinyaro ah uu qabo jirada maskaxda ama dhimirka. Jirooyin badan oo dhimirka la xiriira waxay bilaawdaan waqtiga dhallinyaranimada. Iyadoo hore loo ogooda cudurka micnaheedu waxaa weeye in la daweeyn karo guulna laga gaari karo.
- Tahdiidka isdilidda ha yareysan oo si dhab ah u qaado. Waa oohin caawimo doon ah, intii loo arki lahaa in qofku doonayo inuu hadda isdilo. Laakiin waqti ha siinin.

Reeraha qaar iyo bulshooyinka qaar ayey ku adagtahay iney ka hadlaan arrimaha la xiriira isdilka, ama wax kasta oo dhibaato ah oo ay horey ula soo kulmeen. Laakiin in dareenkaas la qarsado waxay sii murjineysaa arrinta. Inaad la hadasho qof, kaas oo si gooni ah loogu tababaray inuu caawimo ka bixiyo arrimaha noocaas ah, si kastaba xaaladdu hahaatee, waxay noqon kartaa tallaabaddii ugu horeysan si xal looga gaaro ama lala tacaalo xanuunka jira.

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