

NORTHLAND INSPIRATION

IMFASHANYIGISHO ZA GIKRISTO MU GUFASHA NO GUKIZA UMUNTU W'IMBERE

KURINDA URUSHAKO RWawe

(Protecting Your Marriage)

Dr. Hal Baumchen

Uburyo butatu bw' imibanire ishyitse kandi inyuze abashakanye

Uburyo butatu bwo gukemura ibibazo hagati y'abashakanye, mu mibanire y'abakundana babana bwashyizwe ahagaragara n'umushakashatsi John Gottman. Uburyo bwa mbere yise **"Uburyo bw'ubushake."** Ababana bakoresha ubu buryo kenshi baba bahanganye kandi uguterana amagambo kwabo hagaragaramo uburemere bukabije. Iyi mibanire ishobora kuba ishyitse ndetse ikanyura abayibanyemo mu gihe ababana bakemura ibibazo bahura nabyo badahungabanyije ibyiza/ibizima biranga imibanire yabo. Ubundi buryo bwa kabiri Gottman avuga ni **"Uburyo bwo kwirinda"** uru rugo rwo abashakanye uko babigenza mu gihe hari ikibazo mu mibanire yabo ni ukugabanya ndetse no koroshya bishoboka uburemere bw'ukutumvikana kwabo. Basa naho bita gake cyane ku gukemura ikibazo ahubwo bagaharanira kubana mu bwumvikane. **"Bahamya neza ibyo bakunda n' ibyo bemera mu rushako rwabo, bagashimangira ibyiza, hanyuma ibindi bakabyakira uko biri. Muri ubu buryo, kenshi bagirana impaka ku byo batumvikanaho hanyuma bakabireka batumvikanye, ariko bagifite urukundo hagati yabo bombi."** (Gottman,1994). Uburyo bwa gatatu bw'urushako nibwo yasanze muri iri tsinda **"Uburyo bwo guhesha agaciro."** Abantu babana muri ubu buryo bashobora kumenya aho ikibazo kiri, banagaragaza ko babona ibintu mu buryo butandukanye nkuko biri mu mutima wabo, ku mugaragaro ari nta kugwa mu mutego wo kuba badahuje ngo bakomeretsanye hagati yabo. Uru rugo rw'ababana baheshanya agaciro mu mibanire yabo bakomeza kugirirana amarangamutima y' urukundo hagati yabo ndetse no kumva bahorana hafi mu gihe bakemura ukutumvikana kose kwagaragaye hagati yabo.



Kuri Gottman, ubu buryo butatu bw'imibanire buratandukanye bwos ariko bwose bufatwa nk'uburyo bw'urushako rushyitse kandi runyuze abashakanye mu buryo bumwe ubwo aribwo bwose muri ubu butatu kandi gutandukana kwabo kukaba kutoroshye. Ubushobozi bwabo bwo guca muri ibyo byose banyuramo bushobora kumvikana urebye imibanire yabo nkureba igiti kizima giteye mu butaka kirimo gikura. Igiti gikenera izuba, umwuka, amazi, ifumbire ndetse n'ubutaka bwiza kugira ngo kibashe gukura ku buryo bwiza. Ibindi bintu cyahura nabyo bishobora kuba ibicyangiza bikaba byakibuza no gukura nkuko bikwiye, cyangwa se bikagitera

kuma, kikaba cyanapfa. Mu mibanire yacu, hari ibyo twakora bimwe cyangwa ibyo twavugaga bikaba byatera imibanire yacu kugira ikibazo ndetse ibindi bikaba byakomeretsa cyangwa bigasenyuka uburyo tubana.

Kwita ku mibanire

Iki giti, bivuze imibanire yanyu, gishobora kwihanganira imyitwarire imwe n'imwe ibabaje cyangwa se ihungabanya ariko by'igihe gito. Ariko niba ibyo bintu bihungabanya bihindutse ibihoraho, bigomeza kugaruka cyangwa se niba bigeze ahantu bishobora gutera iki giti kunanirwa kwihangana. Imibanire ishobora kwihanganira bimwe mu bintu bibi, duhura nabyo kuwa kuwo twashakanye, igakura. Ariko nanone, abashakashatsi bemeranya ko imibanire iyo ariyo yose ikenera kuvugana neza byibuze inshuro eshanu kugira ngo ikemure ahagaragaye ukutumvikana no kubabazanya hagati y'abashakanye. Banemeranya ko hariho uburyo bubi ndetse n' ibintu bihungabanya ziganza n'ihame 5:1.

Ibintu Bihungabanya Imibanire hagati y'Abashakanye

Abashakashatsi Markman, Stanley na Blumberg bashyize ahagaragara ibintu bine bya ngombwa, iyo bigaragaye mu mibanire y'abashakanye, bishobora guteza ikibazo gikomeye kuburyo bishobora no gutra gutandukana mu gihe bidakosowe. Reka turebere hamwe ibi bintu bine by'uburozi ku rushako.

Uguterana amagambo kwiyongera – Uku guterana amagambo ni uburyo bwo kuvugana aho umwe mu bashakanye avuga amagambo asa nutwikira cyangwa se yongera ku bimaze kuvugwa mbere. Kenshi ibigaragara nuko icyo uvuze aba avuga aho ntaho kiba gihuriye nibyavugwaga ahubwo aba ashaka kugaragaza ko ariwe uri mu kuri, cyangwa kugira ngo agaragaze ko yatsinze mugenzi we kandi akamukomeretsa. Uku guterana amagambo atari meza iyo gukomeje birababaza cyane kandi bishobora gutera igikomere cy'igihe kirekire iyo bidakosowe.

Ugutesha agaciro – Ubu buryo bw'ihungabanya busenya amarangamutima y'ibyiza kandi ntabwo buha agaciro ikizere hagati y'abashakanye. Ugusebanya n'amagambo asubiza abandi inyuma nibyo bikoreshwa mu kugaragaza ko uwo mwashakanye ntacyo ashoboye ndetse no kumukoza isoni. Amagambo agaragara aha, akoreshwa ni nka: "Ndababaye cyane kubera wowe." Ibi bimenyetso by' imvugo zidakwiriye bishobora kuba mu buryo bweruye byihuse vuba kandi ibi bigatera kudashama mugenzi wawe niyo byaba ari aho bikwiye cyangwa se agahindura ikiganiri kugira ngo yirinde kuba yavugaga ikintu kizima kuri mugenzi we nubwo yaba abikwiye.

Kubona amakosa, kwitotombera ibitagenda no kwirengagiza imyitwarire myiza n'ibyiza bya mugenzi wawe mwashakanye, ibi nabyo ni uburyo buhumanya kandi busenya kandi bubabaza ku buryo butandukanye butesha agaciro uwo bikorerwa mu bashakanye. Markman na bagenzi be bagaragaje mu bushakashatsi bwabo ko iyo myitwarire ni imwe bimenyetso bikomeye bigaragaza ugutandukana kw'aba bantu.

Ukwitaza/kwifata no kwirinda – Ukwitaza, aha ni nko guhunga icyumba cy'uburiri, guceceka cyangwa se kutagira amarangamutima ukayahagarika mu gihe muvugana ibintu bya ngombwa, ibi bihurirwa na bose ariko nanone birasenya cyane mu mibanire hagati y'abashakanye. Kwirinda ni ugukora uko ushoboye kose ntiwemerere ibiganiri bya ngombwa hagati yawe n'uwo mwashakanye kuba. Iyi mibanire ya gutya, iyo imaze igihe kirekire nayo ni ikimenyetso cy'uko hashobora kubaho gutandukana. Igihe, umwe mu bashakanye atangiye gukora uko ashoboye ntakurikire uwo bashakanye ngo bahure, mugenzi we nawe uko abyitwaramo ni ukwifata cyangwa kwirinda kugira ngo nawe yirinde ndetse agabanye ibibazo byiyongera ku bindi.



Ubusobanuro bupfuye bw'ibintu – Ubu nabwo ni ubundi buryo busenya bushingiye ku kubika amakuru ugendeye ku magambo cyangwa ku bikorwa bya mugenzi wawe mwashakanye, hanyuma ughora ubiha ubusobanuro bupfuye. Ibi ubikora aba agendeye ko muriwe yizera cyane ko mugenzi we ibyo avuga byose biba ari ibisenya kandi ko nta kiza avuga. Ubwo busobanuro bwo kwihagararaho kandi bubabaza umwe mu bashakanye bushobora kutoroha kwinjiramo ngo ugaragarize umuntu ko ari cyo kibazo. Ubusobanuro butari bwo bugaragarira mu marangamutima, mu byiyumviro no mu buryo

umuntu yakira ibyo abona n'ibyo abwirwa, ibi bifatwa nk' ibyo kugirirwa ikizere kurenza ikindi kimenyetso icyo aricyo cyose mugenzi w'uwo bashakanye yagaragaza. Kunanirwa kubona ibintu ku mugaragaro nkuko biri, kandi mu buryo buzima, cyangwa se kutabonera ibintu mu mucyo wose, kenshi nyuma y'igihe, byangiza ubunyangamugayo mu bufatanye hagati y'abashakanye mu mibanire yabo.

Amahame y' Ibyanditswe yahufasha Kuyobora Neza Urugo rwawe

Kubabarira - “Mwihanganirana kandi mubabarirana ibyaha, uko umuntu agize icyo apfa n’undi. Nkuko Umwami wacu yabababariye, abe ari ko namwe mubabarirana.” (Abakolosayi 3:13)

Kwifata – “Gusubizanya ineza guhosha uburakari, ariko ijambo ribabaza ribyutsa umujinya.” (Imigani 15:1) “Umupfapfa agaragaza uburakari bwe bwose, ariko umunyabwenge arifata akabucubya.” (Imigani 29:11)

Imivugire – “Ijambo ryose riteye isoni ntirigaturuke mu kanwa kanyu, ahubwo uko mubonye uburyo mujye muvuga iryiza ryose ryo gukomeza abandi, kugira ngo riheshe abaryumvise umugisha.” (Abefeso 4:29) “Uwitwaga shyira umurinzi imbere y’akanwa kanjye, rinda umuryango w’iminwa yanjye.” (Zaburi 141:3)

Kwita kuri mugenzi wawe – “Umuntu wese muri mwe areke kwizirikana ubwe gusa, ahubwo azirikane n’abandi.” (Abafilipi 2:4), “[Urukundo] ntirukora ibiteye isoni, ntirushaka ibyarwo, ntiruhutiraho, ntirutekereza ikibi ku bantu.” (1 Abakorinto 13:5)



Ukuri ko mu bashakanye

1. Abasore bashaka muri Leta zunze Ubumwe z’ Amerika ku ikubitiro bahura kuri 40-50% n’ imbogamizi zishobora kuba zabatera gutandukana mu mibanire yabo. (Ibi byavuye mu kigo cy’Ibarura cya Amerika)
2. Inzitizi n’ukutumvikana kugaragara hagati y’abashakanye: ukudakemura neza ikibazo mu bashakanye, bigaragaza ukunaniirwa kuri bo ndetse bigira n’ingaruka mbi ku bana. (Gottman)
3. Igihe abashakanye bafite ibibazo, bisa naho bibatera gukora gake mu kazi kabo gasanzwe, cyane cyane abagabo. (Forthofer, Markman, Cox, Stanley & Kessler)
4. Ubushakashatsi bwagaragaje ko ibibazo bigaragara mbere ko abantu biyemeza kubana bishobora kugaragaza niba urwo rugo ruzagumana iteka, bigaragara nk’ukuri hagati ya 80% na 94%. (Clements, Stanley & Markman).
5. Abantu barenga 75% bashaka bakurikiye inyungu, barangiza bese batandukanye. (Hein)
6. Uretse ubushuti, ukwishimana, kubabarirana, no kuzuzanya ndetse n’imibonano mpuzabitsina, abashakanye bemeza ko KWIZERANA ari ryo banga rikomeye kugira ngo abashakanye babane neza banezerewe. (Harrar & DeMaria)
7. Ubushakashatsi bwamaze imyaka 15 bwagaragaje ko igipimo cy’umunezero umuntu aba asanganywe mbere yo gushaka ni ikimenyetso gikomeye kigaragaza uko umuntu azanezerwa amaze gushaka. Mu yandi magambo, gushaka ntabwo aribyo bizanira umuntu umunezero. (Gottman)
8. Amagambo agira 7% gusa mu byo tuvugana, aha n’abashakanye barimo. Uburyo ijwi ryacu ryumvikana bifite 38% hanyuma n’uburyo uba wifashe uvuga bikagira 55% by’ icyo tuvugana nk’abashakanye. (Harrar & DeMaria)

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Amahame ashoboza

Ntabwo rwose byoroshye guhindura abandi cyangwa se ngo hari icyo wakora ngo ubigereho neza. Ariko, wowe ushobora guhindura imibanire yawe kuwo mwashakanye. Aho gusaba ko undi ahinduka, no kumwerekana uko akwiye kugenza, gerageza utere intambwe nawe wishyire mu mwanya ukwiye.

Hariho uburyo bwinshi bwo kwishyira mu mwanya kandi ugahindura imibanire yawe nuwo mwashakanye. Uburyo bumwe wakoresha mu guhagarara neza burimo:

- 1) Guhamiriza abandi
- 2) Kuzamura uburyo wubaha uwo mwashakanye
- 3) Kumenya kumva aho wababaje mugenzi wawe
- 4) Guha agaciro abandi no kububahisha
- 5) Gukoresha imvugo yoroshye igihe ukemura ikibazo kiremereye

Amahame yo gusana

Uburakari n' amagambo mabi akomeretsa kandi ababaza kenshi akurikirwa n'ibihungabanya imibanire twavuze mbere. Umuntu iyo atesheje agaciro umwanya wawe cyangwa amarangamutima yawe cyangwa se akirinda ko mwavugaga ku bintu bya ngombwa, bishobora kuvamo kubabaza no kwangiza amarangamutima yawe.

Gukiza uburakari / ugusharira wumva ni ikintu cya ngombwa cyane kugir ngo ukomeze utere imbere. Fata icyemezo cyo kubabarira abagufitiye umwenda bese wo kuba barakubabaje mu marangamutima yawe, ubababarire iryo deni. Iyemeze gutera imbere uko wakora kose mu buryo bwiza ari nta nzitizi. Abantu bese bishimira kuba hafi y'abagusha neza/ababatera kumva bamereye neza. Nawe shyira ingufuuhinduke umuntu mwiza uwo, uwo mwashakanye yifuza kuba hafi (abitewe nuko umutera kumererwa neza). Kenshi biroroha kwihindura wowe ubwawe mu mibanire yawe n'uwo mwashakanye kurenza uko wahindura mugenzi wawe.

Kuraho imyitwarire n'ibiranga ubuzima bwawe bimwe na bimwe bitera abantu kutakwegera. Komeza, shyigikira kandi uheshe agaciro ibyiza uwo mwashakanye akora, ukoreshe ihame rivuga: "Nubwira umuntu ikintu kiza akora, azarushaho kugikora!"



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