

Abstract

Kiswahili:

Tatizo la afya ya akili limekuwa mojawapo ya changamoto kubwa katika jamii ya kisasa. Katika kipindi hiki cha miaka michache iliyopita, idadi ya watu wanaopambana na matatizo ya afya ya akili imeongezeka sana. Kwa bahati mbaya, jamii nyingi bado hazijajenga mifumo imara ya kusaidia watu wenye matatizo ya akili. Katika utafiti huu, tutachunguza sababu za ongezeko hili la matatizo ya afya ya akili na kutoa suluhisho la kusaidia kurekebisha hali hii.

English:

The mental health crisis has become one of the significant challenges in modern society. In recent years, the number of people struggling with mental health issues has dramatically increased. Unfortunately, many communities are yet to establish robust systems to support individuals with mental health problems. In this presentation, we will examine the reasons behind this surge in mental health issues and propose a solution to help address this situation.

Kikuyu:

Mariano ya gutikira mũceerĩ wa njũa na ũkĩ wa marĩa waku ni rĩ tene kũmera wĩrĩ wa thĩnĩ wa kĩa wa wĩ. Kĩongereire gĩta thĩ, njũa ya wĩrĩ kũrĩa na mariara ũkĩ wa marĩa waku rĩa kũtheria tene. Kũgatwĩka, nĩtuika tene ya mwĩtire ya mĩhĩrĩria ĩgĩa kũonaga rĩa ũkĩ wa marĩa waku nĩ yaagĩrerĩria magacĩ. Mĩhĩrĩria ĩrĩa, gĩkinya tene gĩkĩro-inĩrĩria mĩhĩrĩria ĩa ũkĩ wa marĩa waku na ũcĩama mũceerĩ wa njũa na ũkĩ wa marĩa waku.