



KIDSCREEN-27

Health Questionnaire for Children and Young People

Child and Adolescent Version

8 to 18 Years

Swahili (Kenya)

Tarehe: _____
Mwezi Mwaka

Jambo,

Hujambo? Unajisikiaje? Haya ndio tungetaka utuelezee.

Tafadhali sikiza kila swali kwa uangilifu. Ni jibu gani linakuja akilini kwanza? Chagua kisanduku kinachoonyesha jibu lako mwafaka na uweke alama ndani yake.

Kumbuka: huu si mtihani kwa hivyo hakuna jibu makosa. Ni muhimu ujibu maswali yote na pia tuone alama zako Vizuri. Wakati unapofikiria jibu lako, tafadhali jaribu kukumbuka wiki moja iliyopita.

Hauna haja ya kuonyesha jawabu lako kwa mtu yeyote. Pia, hakuna mtu anayekujua ataweza kuyaangalia majibu yako ukishamaliza.

1. Mazoezi ya mwili na afya

1.

Kwa ujumla, ungeelezaje hali yako ya kiafya?

- ☐ Vyema Zaidi
- ☐ Vizuri sana
- ☐ Vizuri
- ☐ Wastani/Katikati
- ☐ Vibaya

Ukifikiria kuhusu wiki iliyopita...

2.

Umejihisi sawa na mwenye afya njema ya kimwili?

| Hapana kabisa | Kidogo | Wastani/Katikati | sana | Sana kabisa |
|---------------|--------|------------------|------|-------------|
|---------------|--------|------------------|------|-------------|

| | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Hapana kabisa | Kidogo | Wastani/Katikati | sana | Sana kabisa |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

3.

Je umejikusisha katika mazoezi ya kimwili kwa mfano (kukimbia, Kupanda miti, kucheza mpira, kuogelea, kupeleka baiskeli)?

| Hapana kabisa | Kidogo | Wastani/Katikati | sana | Sana kabisa |
|---------------|--------|------------------|------|-------------|
|---------------|--------|------------------|------|-------------|

| | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Hapana kabisa | Kidogo | Wastani/Katikati | sana | Sana kabisa |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

4.

Je, umeweza kukimbia vizuri?

| Hapana kabisa | Kidogo | Wastani/Katikati | sana | Sana kabisa |
|---------------|--------|------------------|------|-------------|
|---------------|--------|------------------|------|-------------|

| | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Hapana kabisa | Kidogo | Wastani/Katikati | sana | Sana kabisa |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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5.

Je, umejiskia mwenye nguvu nyingi?

| Hapana kabisa | Mara moja moja | Wakati mwingine | Wakati mwingi | Kila wakati |
|---------------|----------------|-----------------|---------------|-------------|
|---------------|----------------|-----------------|---------------|-------------|

| | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Hapana kabisa | Mara moja moja | Wakati mwingine | Wakati mwingi | Kila wakati |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

2. Hisia zako za kijumla na kukuhusu

Ukifikiria kuhusu wiki iliyopita...

1.

Maisha yako yamekuwa ya kufurahisha?

| Hapana kabisa | Kidogo | Wastani/Katikati | sana | Sana kabisa |
|---------------|--------|------------------|------|-------------|
|---------------|--------|------------------|------|-------------|

| | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Hapana kabisa | Kidogo | Wastani/Katikati | sana | Sana kabisa |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Ukifikiria kuhusu wiki iliyopita...

| | Hapana kabisa | Mara moja moja | Wakati mwingine | Wakati mwingi | Kila wakati |
|--|--|---|--|--|--------------------------------------|
| 2. Maisha yako yamekuwa ya kufurahisha? | Hapana kabisa <input type="radio"/> | Mara moja moja <input type="radio"/> | Wakati mwingine <input type="radio"/> | Wakati mwingi <input type="radio"/> | Kila wakati <input type="radio"/> |
| 3. Umeweza kufanya mambo ya kujiburudisha (kama vile kucheza mpira ama kuona video)? | Hapana kabisa <input type="radio"/> | Mara moja moja <input type="radio"/> | Wakati mwingine <input type="radio"/> | Wakati mwingi <input type="radio"/> | Kila wakati <input type="radio"/> |

Ukifikiria kuhusu wiki iliyopita...

| | Hapana kabisa | Mara moja moja | Wakati mwingine | Wakati mwingi | Kila wakati |
|---|--|---|--|--|--------------------------------------|
| 4. Umejihisi kuwa na huzuni? | Hapana kabisa <input type="radio"/> | Mara moja moja <input type="radio"/> | Wakati mwingine <input type="radio"/> | Wakati mwingi <input type="radio"/> | Kila wakati <input type="radio"/> |
| 5. Umejihisi vibaya sana (kama vile huzuni ama kuaibika sana) kiasi cha kutotaka kufanya kitu chochote? | Hapana kabisa <input type="radio"/> | Mara moja moja <input type="radio"/> | Wakati mwingine <input type="radio"/> | Wakati mwingi <input type="radio"/> | Kila wakati <input type="radio"/> |
| 6. Umejihisi kuwa mpweke? (umejihisi kuwa peke yako) | Hapana kabisa <input type="radio"/> | Mara moja moja <input type="radio"/> | Wakati mwingine <input type="radio"/> | Wakati mwingi <input type="radio"/> | Kila wakati <input type="radio"/> |
| 7. Je umefurahia jinsi ulivyo? | Hapana kabisa <input type="radio"/> | Mara moja moja <input type="radio"/> | Wakati mwingine <input type="radio"/> | Wakati mwingi <input type="radio"/> | Kila wakati <input type="radio"/> |

3. Familia na wakati huru

Ukifikiria kuhusu wiki iliyopita...

| | Hapana kabisa | Mara moja moja | Wakati mwingine | Wakati mwingi | Kila wakati |
|--|--|---|--|--|--------------------------------------|
| 1. Umekuwa na wakati wa kukutosha wa kujifanyia mambo yako? | Hapana kabisa <input type="radio"/> | Mara moja moja <input type="radio"/> | Wakati mwingine <input type="radio"/> | Wakati mwingi <input type="radio"/> | Kila wakati <input type="radio"/> |
| 2. Umekuwa ukiweza kufanya vile vitu ungetaka kufanya wakati ukiwa huru? | Hapana kabisa <input type="radio"/> | Mara moja moja <input type="radio"/> | Wakati mwingine <input type="radio"/> | Wakati mwingi <input type="radio"/> | Kila wakati <input type="radio"/> |
| 3. Wazazi wako wamekuwa na wakati wa kutosha na wewe unapowahitaji? | Hapana kabisa <input type="radio"/> | Mara moja moja <input type="radio"/> | Wakati mwingine <input type="radio"/> | Wakati mwingi <input type="radio"/> | Kila wakati <input type="radio"/> |
| 4. Wazazi wako wamekutendea haki? | Hapana kabisa <input type="radio"/> | Mara moja moja <input type="radio"/> | Wakati mwingine <input type="radio"/> | Wakati mwingi <input type="radio"/> | Kila wakati <input type="radio"/> |
| 5. Umekuwa ukiweza kuongea na wazazi wako unapohitaji kuongea nao? | Hapana kabisa <input type="radio"/> | Mara moja moja <input type="radio"/> | Wakati mwingine <input type="radio"/> | Wakati mwingi <input type="radio"/> | Kila wakati <input type="radio"/> |
| 6. Umekuwa na pesa za kutosha kufanya mambo sawa na marafiki zako? | Hapana kabisa <input type="radio"/> | Mara moja moja <input type="radio"/> | Wakati mwingine <input type="radio"/> | Wakati mwingi <input type="radio"/> | Kila wakati <input type="radio"/> |
| 7. Umekuwa na pesa za kutosha kukimu matumizi yako? | Hapana kabisa <input type="radio"/> | Mara moja moja <input type="radio"/> | Wakati mwingine <input type="radio"/> | Wakati mwingi <input type="radio"/> | Kila wakati <input type="radio"/> |

4. Marafiki

Ukifikiria kuhusu wiki iliyopita...

| | Hapana kabisa | Mara moja moja | Wakati mwingine | Wakati mwingi | Kila wakati |
|---|--|---|--|--|--------------------------------------|
| 1. Umekuwa na wakati na marafiki zako? | Hapana kabisa <input type="radio"/> | Mara moja moja <input type="radio"/> | Wakati mwingine <input type="radio"/> | Wakati mwingi <input type="radio"/> | Kila wakati <input type="radio"/> |
| 2. Umekuwa ukifurahia/ukiburudika na marafiki zako? | Hapana kabisa <input type="radio"/> | Mara moja moja <input type="radio"/> | Wakati mwingine <input type="radio"/> | Wakati mwingi <input type="radio"/> | Kila wakati <input type="radio"/> |
| 3. Wewe na marafiki zako mmesaidiana kwa hali yoyote? | Hapana kabisa <input type="radio"/> | Mara moja moja <input type="radio"/> | Wakati mwingine <input type="radio"/> | Wakati mwingi <input type="radio"/> | Kila wakati <input type="radio"/> |
| 4. Umeweza kutegemea marafiki zako unapowahitaji? | Hapana kabisa <input type="radio"/> | Mara moja moja <input type="radio"/> | Wakati mwingine <input type="radio"/> | Wakati mwingi <input type="radio"/> | Kila wakati <input type="radio"/> |

5. Shule na masomo

Ukifikiria kuhusu wiki iliyopita...

| | Hapana kabisa | Kidogo | Wastani/ Katikati | sana | Sana kabisa |
|-------------------------------|--|---------------------------------|---|-------------------------------|--------------------------------------|
| 1. Umekuwa na furaha shuleni? | Hapana kabisa <input type="radio"/> | Kidogo <input type="radio"/> | Wastani/ Katikati <input type="radio"/> | sana <input type="radio"/> | Sana kabisa <input type="radio"/> |
| 2. Umeendelea vizuri shuleni? | Hapana kabisa <input type="radio"/> | Kidogo <input type="radio"/> | Wastani/ Katikati <input type="radio"/> | sana <input type="radio"/> | Sana kabisa <input type="radio"/> |

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| | Hapana kabisa | Mara moja moja | Wakati mwingine | Wakati mwingi | Kila wakati |
|--|--|---|--|--|--------------------------------------|
| 3. Umekuwa ukiweza kumakinika? | Hapana kabisa <input type="radio"/> | Mara moja moja <input type="radio"/> | Wakati mwingine <input type="radio"/> | Wakati mwingi <input type="radio"/> | Kila wakati <input type="radio"/> |
| 4. Umekuwa na uhusiano mzuri na walimu wako? | Hapana kabisa <input type="radio"/> | Mara moja moja <input type="radio"/> | Wakati mwingine <input type="radio"/> | Wakati mwingi <input type="radio"/> | Kila wakati <input type="radio"/> |