



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

NATIONAL SENIOR CERTIFICATE

IGREYIDI 12

ISINDEBELE ILIMI LOKUTHOMA LOKWENGEZA (FAL)

IPHEPHA LOKUTHOMA (P1)

NOVEMBA 2024

IMITLOMELO: 80

ISIKHATHI: Ama-iri ama-2

Iphepha lemubuzweli linamakhasi ali-12.

YELELA

1. Iphepheli LINEENGABA EZINTATHU: ISIGABA A, B kanye NESIGABA C.

ISIGABA A:	Ukufunda nokuzwisisa	(30)
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ISIGABA C:	Izakhi nemithethjhwana yokusetjenziswa kwelimi	(40)

2. Phendula YOKE imibuzo.

3. Thoma isigaba ESINYE NESINYE ekhasini ELITJHA.

4. Thalela ngemva kokuphendula imibuzo YESIGABA NGASINYE.

5. Nombora iimpendulo zakho njengobana zinonjorwe ephepheni lemibuzo.

6. Tjhiya umuda OWODWA ngemva kwaleyo naleyo pendulo.

7. Yelela bona upeleda amagama ngendlela efaneleko bewutlole nemitjho ezwakalako.

8. Isikhathi esiphakanyisweko sokutlola ISIGABA NGASINYE:

ISIGABA A:	Pheze imizuzu ema-50
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9. Tlola kuhle ngesandla esibonakalako.

ISIGABA A: UKUFUNDA NOKUZWISISA**UMBUZO 1**

Phendula umbuzo 1.1 kanye nombuzo 1.2.

1.1 Fundisisa itheksthi engenzasi uyizwisise bese uphendula imibuzo elandelako.

ITHEKSTHI A

UKUYELELISWA NGOKUPHILA KUHLE NGOKOMKHUMBULO	
1	<p>Ukuyeleliswa ngokuphila kuhle ngokomkhumbulo kulihlelo eliragako lokufundisa abantu nelisusa indlela ekuqalwa ngayo abantu abanomraro lo. Lokhu kwenzeka ngendlela yokobana abantu babelane ngemiraro abahlangabezana nayo emaphilwenabo. Esikhathini esinengi abantu baqalana nemiraro le babodwa bebangafumani nesizo elifaneleko. 5</p>
2	<p>UDorh. Ashleigh Craig omrhubhululi ngokuphila kuhle ngokomkhumbulo (i-Mental Health) eYunivesithi ye-Wits uhlathulula bona i-<i>Mental Health</i> bujamo ozithola ukibo obuthinta indlela ozizwa ngayo, indlela ocabanga ngayo nendlela oziphatha ngayo. Nawuqalene nobujamobu uzithola ungakghoni ukujamelana nezinto ezinengi ebewukghona ukuzenza ngaphambilini. Lokha nakunento ekukwatisileko, uvamise ukukwata ngendlela edluleleko kunaleyo ejayelekileko. Nangabe kunento ekutshwenyako emkhumbulwenakho uzithola ugandeleleke khulu ngokudluleleko. 10</p>
3	<p>Manengi amatshwayo esingawatjheja lokha nasisola bona umuntu sekanomraro wokungakaphili kuhle ngokomkhumbulo (Mental Health). Hlangana namatshwayo esingawatjheja kukobana umuntu wakhona uzizwa adiniwe begodu adanile esikhathini esinengi. Uhlala athukile bekazizwe azisola esikhathini esinengi. Kunokutjhugutjhuguluka kwendlela azizwa ngayo ngesikhatjhana esincani. Umuntu lo nangabe bekathabile ujika msinya azizwe sekakwatile. Abanye babonakala ngokungasakghoni ukuzibandakanya nabangani nakezinye izinto ebebandakanya ukuzenza. Abanye abakghoni ukujamelana nokugandeleleka okujayelekileko okubamba woke umuntu. Kuthi abanye babe nemicabango yokuzibulala. Esikhathini esinye abanye baba nemiraro yokusela utjwala nokubhema iindakamizwa ngendlela edluleleko. Abanye babonakala ngokuthanda ukulwa. 15 20 25</p>
4	<p>Abentwana abakhule batlhoriseka ngokubetjhwa, ukuthukwa nangokungatjhejwa bavamisile bona nasele bakhulile babe nomraro wokuthikamezeka ngokomkhumbulo. Bakhula babona ukutlhoriseka kwenzeka kibo bese nabo bakhula ngokwazi bona kuyinto efaneleko. ESewula Afrika umraro lo sewubambe abantu abanengi ngendlela erarako. Kuvele bona amaphesende angehla kwama-36 wabantu beSewula Afrika banawo umraro lo. Ababelethi kufanele badlale indima nefundweni yabentwababo. 30 35</p>

5	Nawutjhejisisako kuvela bona abantu abatjha abahlala emadorobheni ngibo abavamise ukuba ngaphasi kwegandeleleko nawumadanisa nabangani babo abahlala eendaweni zemakhaya. Isizathu salokhu kukobana laba abahlala emadorobheni isikopilo labo limatasatasa belibenza bagcine bagandeleleka. Abantu bengubo bayamukela bebefune nesizo nabaqalene nomraro lo, kodwana abantu bembaji abaveli tjhatjhalazi njengabantu bengubo ukuze bathole isizo. Abantu bembaji bayathula bese babonakale ngamatshwayo bona banawo umraro lo.	40
6	Ubujamobu buthinta ubunjalo bepilo yomuntu ngokwayo. ISewula Afrika yathoma ukubonakala ngesikhathi iphasi lisahlelwe yingogwana ye-COVID-19 ngemva kobana abantu bakateleleke bona bahlale emakhaya nemindenabo. Abantu bathoma ngokuba nemiraro ebanga ukugandeleleka ngokomkhumbulo ngombana omunye nomunye umuntu bekunento ebekahlala ayicabanga. Abanye bebazibuza bona ingogwana le iphela nini. Abanye bazibuza bona inga kghani angekhe baloba imisebenzabo njengombana kukatelelekile bona bahlale emakhaya, kuthi abanye babe nemiraro yokuthoriseka emakhaya.	45 50
7	IYunivesithi ye-Wits erhubhululweni layo iveze bona abantu abakhulu abanganabo abalingani, ababhujelwe balingani nalabo abatlhaliweko umraro lo ubabamba lula. Irhubhululo lithi ukugandeleleka nasele ukhulile kuba namandla khulu ngombana umzimba usuka sele ubuthakathaka. Amaziko wezepilo ayatlhogeka ukuze abantu abanomraro wokugandeleleka basizakale. Okuvelako kukobana amaziko la athayela khulu eSewula Afrika nanyana sekuvelile bonyana sinawo umraro we-Mental health.	55 60
8	Qobe mnyaka mhlana amalanga ali-10 kuSewula kuyeleliswa ngokuphila kuhle ngokomkhumbulo (Mental health) iphasi loke. Emnyakeni wee-2023 umnyanya lo ugidingwe ngaphasi komongo othi; 'Ukuphila kuhle ngokomkhumbulo kulilungelo lobuntu iphasi mazombe.' Leli kube lithuba lokobana umphakathi ufundiswe bewuvikele abantu abanomraro lo. Enye ihloso yelangeli kufumana abasisi abazokuqinisekisa bona abantu abanomraro lo wokungakaphili kuhle ngokomkhumbulo bayasizakala. Banikele ngemali ngombana imitjhoga esetjenziwa babantu abanomraro lo iyabiza begodu kufanele bayisebenzise qobe kulilanga.	65 70

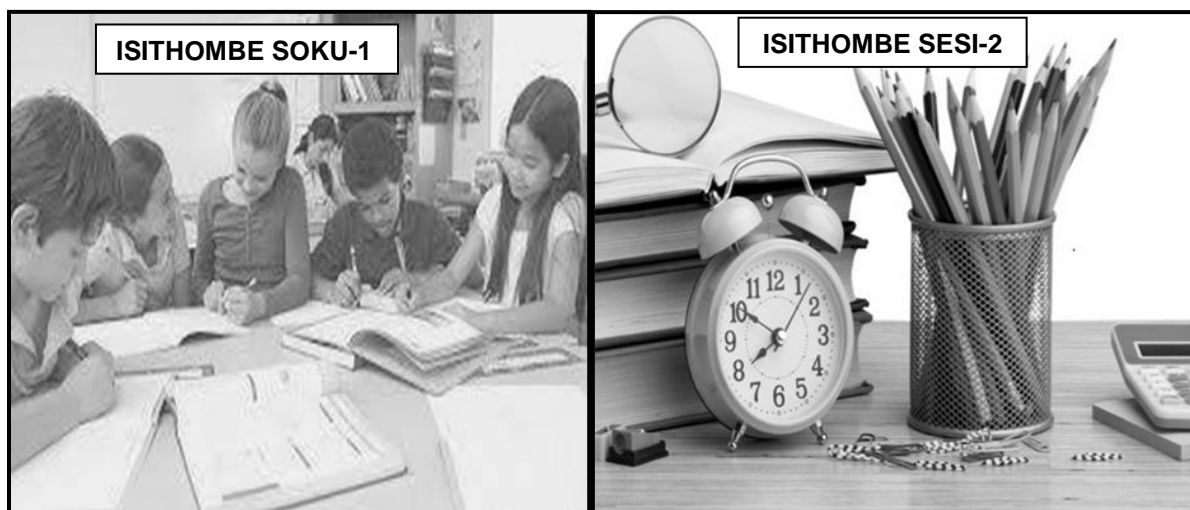
[Ithethwe ku-inthanethi yatjhugululelwa eLimini lesiNdebele]

- 1.1.1 Tlola amabizo apheleleko kadorhoda orhubhulule ngokuphila kuhle ngokomkhumbulo ovezwe esigabeni sesi-2 setheksthi engehla le. (1)
- 1.1.2 Tlola ihlathululo ye-Mental Health ngokuya kwerhubhululo elenziwe yiYunivesithi ye-Wits evezwe esigabeni sesi-2 setheksthi engehla le. (2)
- 1.1.3 Ukuya ngokwesigaba sesi-3 kuthiwa ngimaphi amatshwayo AMABILI atjhejekako emntwini osele anomraro wokungakaphili kuhle ngokomkhumbulo? (2)

- 1.1.4 Rhunyeza isizathu esenza bona abantu abatjha abahlala edorobheni babe nomraro wokuba ngaphasi kwegandeleleko ngokuya kwesigaba sesi-5. (1)
- 1.1.5 Hlathulula umehluko okhona hlangana nabantu bembaji nebengubo abazifumana banomraro wokugandeleleka ngokomkhumbulo ngokuya kwesigaba sesi-5 setheksthi engehla. (2)
- 1.1.6 Ngokuya kwesigaba sesi-6 hlathulula imiraro ebeyibangela bona abantu babe nokugandeleleka ngokomkhumbulo ngesikhathi se-COVID- 19 eSewula Afrika (2)
- 1.1.7 Khetha ipendulo enembako kilezi ezilandelako.
- Ingozi umuntu angahlangabezana nayo nakatlorisa umuntu ongakaphili kuhle ngokomkhumbulo kukobana:
- A Angazifumana abotjhwa
 B Angazifumana amthelele ngokungakaphili kuhle ngokomkhumbulo
 C Angazifumana alwa naye
 D A no C (2)
- 1.1.8 Hlathulula umthelela omuhle ongaletswa kufundisa umphakathi ngokuqakatheka kokuyeleliswa ngokuphila kuhle ngokomkhumbulo (i-Mental Health). Ipendulwakho ayibe liphuzu ELILODWA. (2)
- 1.1.9 Phendula isitatimende esingenzasi NGOLIQINISO nofana AKUSILO IQINISO bese usekela isiqu nto osithetheko ngephuzu ELILODWA.
- Umraro wokungakaphili kuhle ngokomkhumbulo ubamba abantu abanzima kwaphela. (2)
- 1.1.10 Ucabanga bona ngiziphi izinto ezenziwa babelethi khulukhulu ebantwaneni babo abasafundako ezingagcina zibabangele ubulwele bokungakaphili kuhle ngokomkhumbulo (i-Mental Health)? Ipendulwakho ayibe liphuzu ELILODWA. (2)
- 1.1.11 Ngaphandle kwalokhu okubalwe etheksthini engehla, ucabanga bona ngikuphi okhanye okugcina kubangele abantu bona babe sebujameni bokungakaphili kuhle ngokomkhumbulo? Ipendulwakho ayibe maphuzu AMABILI. (2)
- 1.1.12 Tshwaya ngokungenziwa mNyango wezeFundo ukuqinisekisa bona abafundi ababi nomraro wokugandeleleka ngokomkhumbulo. Ipendulwakho ayibe liphuzu ELILODWA. (2)
- 1.1.13 Ingabe UYAZWELANA nofana AWUZWELANI nabantu abathi nabaqalene nobudisi bokungakaphili ngokomkhumbulo bakhethe ukuzibulala? Sekela ipendulwakho ngephuzu ELILODWA. (2)

1.2 Qalisisa iinthombe ezingenzasi bese uphendula imibuzo elandelako.

ITHEKSTHI B



[Sithethwe ku-www.images.com]

- 1.2.1 Tlola izinto EZIMBILI ezibonakala zisenzeka ESITHOMBENI soku-1. (2)
- 1.2.2 Hlathulula iinsetjenziswa EZIMBILI kezivezwe ESITHOMBENI sesi-2 bonyana zingabasiza njani abentwana abasesithombeni soku-1. (2)
- 1.2.3 Ngokubona kwakho ingabe lokhu okwenziwa bentwana ABASESITHOMBENI soku-1 kungaba namuphi umphumela emaphilwenabo? Ipendulwakho ayibe maphuzu AMABILI. (2)

IMITLOMELO YESIGABA A: 30

ISIGABA B: UKURHUNYEZA**UMBUZO 2**

Fundisisa itheksthi engenzasi uyizwisise bese uyirhunyeza ngokwemiyalo onikelwe yona.

IMIYALO:

1. Ngamagama angadluli kwama-60, rhunyeza uveze amaphuzu **amatshwayo wokubona umuntu omngani wamambala.**
2. Rhunyeza ngamaphuzu ali-7.
3. Ungabuyeleli utlole isihloko setheksthi.
4. Tlola inani lamagama owasebenzisileko ekupheleni kwesirhunyezo sakho.

ITHEKSTHI C**AMATSHWAYO WOKUBONA UMUNTU OMNGANI WAMAMBALA**

Umngani uba mndeni ozikhethele wona, manje kuqakatheke khulu bona sikhethe kuhle umngani. Umtloli weencwadi we-America uDean Koontz uthi; 'Ungamtjhiyi ngemva umngani. Nguye owenza bona uragele phambili nepilo.' Afakazelwe mdzubhulo othi; 'Umngani omuhle umumuntu okuthintanisa nepilo. Usikhumbuzo sepilo yakho yayizolo, abe yindlela ekusa ekusaseni lakho, usilodlhelo sengqondo evuthiweko.'

Umngani wamambala ngonekghono lokukusekela nawusebudisini. Lokhu ukwenza ngokobana alalele imiraro onayo akuphe namaqhinga wokuphuma kilobobudisi okibo. Umngani wamambala uyakukhuthaza bona ukhule epilweni. Uyathaba nawuphumelelako eemfundweni zakho ngitjho nalokha sele usebenza. Kubuhlungu kangangani ukuzibona sele ungene emgodini kodwana kube unomuntu obonileko bona uyokungena edakeni kodwana wazithulela. Kufanele umngani abe ngothembekileko ekuvezeni iqiniso mayelana nendlela ophila ngayo. Akukafaneli athenge amehlwakho, akakukhalime nawungenzi kuhle begodu akukwakwazele nawenza kuhle. Sibabantu siyathanda ukuzibona sitjhaphulukile singabi neenhloni ngobujamo bepilo yethu. Umngani olungileko ngokwenza ukghone ukuziveza ubunjalo bakho nawunaye. Uyazigedla ungabi nokwesaba nofana usabe ucabange bona uzokwehlulelwa.

Umngani ovuthwe ngokwemizwa ngowamambala. Nawuzwe ubuhlungu nguye okududuzako. Ungena emanyathelweni bebakubuza bona angakusiza njani. Nawuthabileko uthaba nawe. Ayikho into eqeda ubungani njengokungaziphi isikhathi somuntu ozitjela bona ninaye nibangani. Umngani akaziphe isikhathi sakho. Akghone nokuvela nemibono bona ningabonana njani nangabe nihlukene ngeendawo. Itshwayo lobungani kuthembeka. Umngani wamambala ngomthembako, okghona ukumtjela iimfihlo zakho. Angabi ngowararhwa yipera esifubeni. Ukuthi unomngani kubonakala ngezipho onazo ezivela kuye. Umngani ophanako muhle. Kufanele kube ngusandla khamba, sandla buya. Wena uyamthengela izipho naye enze njalo. Umuntu ukobana mumuntu ubonakala ngokuba nomngani.

[Ithethwe ku-inthanethi yatjhugululelwa eLimini lesiNdebele]

ISIGABA C: IZAKHI NEMITHETJHWANA YOKUSETJENZISWA KWELIMI**UMBUZO 3: ISIKHANGISO**

Qalisisa isikhangiso esingenzasi bese uphendula imibuzo elandelako.

ITHEKSTHI D

**UTLHAGELANI NGOKWENZA NOKUBUYEKEZA UMSEBENZAKHO WESIKOLO
NGONOBANGELA WEGEZI ENGUMAFAVUKE, ISISOMBULULO SOMRARWAKHO
SIKUQALE NGEMEHLWENI?**

Bopha iphondo uzitholele amalampa atjhatjhiswako nakhanyisa njengelanga emini kanobha.

Thintana nathi



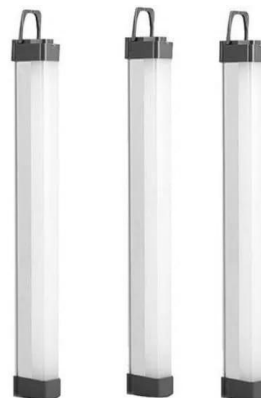
062 554 2323



Zembelani



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- Athengiselwa abasafundako.
- Isaphulelo saka-50% sitholakala nawuthenga mabili ukuya phezulu.

[Sithethwe ku-www.images.com]

- 3.1 Tlola iindlela EZIMBILI ongathintana ngazo nabanikazi bomkhangiso lo. (2)
- 3.2 Tlola igama lomkhiqizo okhangiswe ngehla. (1)
- 3.3 Hlathulula unobangela ongakwenza bona ugcine sele uthenga umkhiqizo lo. (1)
- 3.4 Buyelela utlole umutjho ongenzasi uveze ukulandula. (1)
- Athengiselwa abasafundako. (1)
- 3.5 Khetha ipendulo enembako kilezi ezilandelako.

Ikulumo ethi; 'bopha iphondo' ihlathulula bona ...

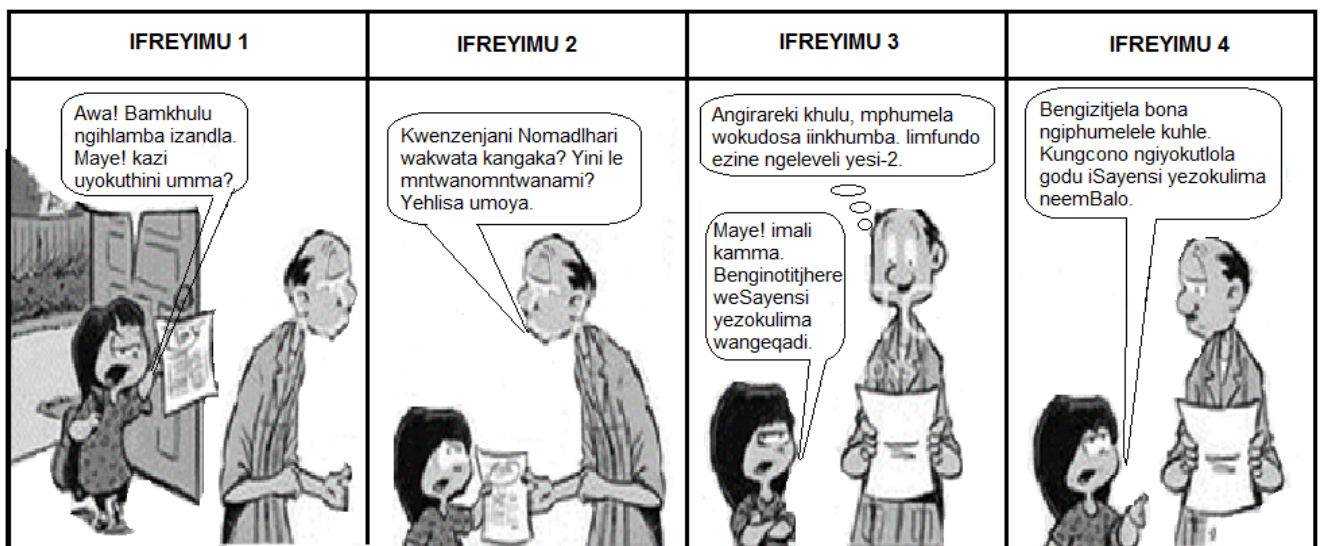
 - A zigedle uledlhe.
 - B lungisa iinhluthu ungene indlela.
 - C yiba nefihlo.
 - D vuthela ivuvuzela. (1)
- 3.6 Hlathulula umqondo omunyethwe yikulumo ethi; 'Igezi engumafavuke'. (1)

- 3.7 Buyelela umutjho ongenzasi utlole isivumelwano esifaneleko.
Isaphulelo saka-50% sitholakala nawuthenga mabili ukuya phezulu. (1)
- 3.8 Ngokucabanga kwakho ingabe umkhiqizo okhangiswe ngehla usisombululo segezi engumafavuke? Sekela isiqunto osithathako ngephuzu ELILODWA. (1)
- 3.9 Coca ngokuphumelela nofana ukungakaphumeleli komtami wesikhangiso esingehlesi ukusebenzisa amaqhinga wokukhangisa ngepumelelo. (1)
- [10]**

UMBUZO 4: IKHATHUNI

Qalisisa ikhathuni engenzasi bese uphendula imibuzo elandelako.

ITHEKSTHI E



[Ithethwe ku-www.images.com]

- 4.1 Tlola bona khuyini lokhu okuphethwe nguNomadlhari okumenza ababaze kangaka? (1)
- 4.2 Hlathulula bona uNomadlhari uhlobana njani nomuntu avezwe naye ekhathunini engehla. (1)
- 4.3 Ngikuphi OKUKODWA okusivezela bona uNomadlhari akakaphumeleli kuhle eemfundweni zakhe ukuya ngekhathuni engehla? (1)
- 4.4 Hlathulula lokho okusivezela bona uNomadlhari bekalithola isekelo eemfundweni zakhe ukuya ngekhathuni engehla le. Ipendulwakho ayibe liphuzu ELILODWA. (1)

4.5 Khetha ipendulo enembako kezingenzasi.

Amaronjwana amathathu angehla komuntu osefreyimini yesi-3 atjho ukuthi:

- A Uyakhuluma
- B Urarekile
- C Ukwatile
- D Uyacabanga

(1)

4.6 Ingabe ukusonga izandla kwakaNomadlhari efreyimini yesi-3 kusitjelani ngobujamo bemizwa yakhe? Sekela ipendulwakho ngephuzu ELILODWA.

(1)

4.7 Ngaphandle kokudosa iinkhumba, ucabanga bona kungaba yini okhunye okube ngunobangela wobujamo uNomadlhari azifumana akibo ekhathunini engehla. Ipendulwakho ayibe maphuzu AMABILI.

(2)

4.8 Buyelela utlole umutjho ongenzasi kodwana ulungise iimphoso zemiThetho nemiThetjhwana yokutlola nokuPeleda iLimi lesiNdebele.

Kungcono ngiyokutlola godu iSayensi yezokulima neemBalo.

(1)

4.9 Thatha amagama asisitjho athi; 'Ukudosa iinkhumba' asetjenziswe ekhathunini engehla uzakhele ngawo umutjho kuvele bona uyayazi ihlathululo yaso.

(1)

[10]

UMBUZO 5: IPHROZI

5.1 Fundisisa itheksthi engenzasi uyizwisise bese uphendula imibuzo elandelako.

ITHEKSTHI F

UMabusa, utitjhere wesikolo esikhulu iMavukabesala esiseTjhatjhanguve bekase ofisini ahlezi. Ihloko bekayihlome phezu kwetafula. Ugaya amathambo wehloko ngesikhundla esilenga njengomule. Ugaya nje noMarikiriki usiqalile. Wathi nakavusa ihloko kwabe abentwana nabotitjhere seabthontela njengeenthoro zesiphila bebaphelela. Isikhundla esingalalisi 5
amadoda ubuthongo lesi sitjhiywe nguMandlekosi, owayesele athethe umhlalaphasi ngayizolo. Ifundo yakhe nayo yayingaphezulu kuneyakaMarikiriki. Bekane-BA, ne-HED, azifumene e-UNISA. Lokho kwakumenza abe namagugwana wokubona bona akekho omunye 10
ongasithatha isikhundla sobutitjherehloko ngaphandle kwakhe. Nanyana uMandlekosi asesekhona, uMabusa wayephele alawulawule woke umuntu esikolwenapha sengathi nguye utitjherehloko. Ukulawula isikolo besele kumngene eengazini. Isikolo sangena ... 'Letha amakhiya wesikolo woke la.' UMarikiriki watjho kuMabusa. 'Ngimi utitjherehloko la akekho omunye 15
ngaphandle kwami.'

[Ithethwe ku-Ulibambe litjhisa mntwanami]

5.1.1 Buyelela utlole umutjho ongenzasi bese kuthi esikhundleni se-akhronimi ethalelweko uyitlole ngokuzeleko.

UMabusa uzifumene e-UNISA.

(1)

- 5.1.2 Phendula imibuzo elandelako ngokuqalisa emutjhweni ongenzasi:
UMandlekosi besele athethe umhlalaphasi.
- (a) Tlola umhlobo webizo elisemutjhweni ongehla. (1)
- (b) Tlola iinkhekhe zekulumo ezakhe ibizo elithalelweko elisemutjhweni ongehla. (2)
- 5.1.3 Buyelela utlole umutjho ongenzasi kodwana uthome ngegama elithalelweko.
UMabusa uhlome ihloko phezu kwetafula. (1)
- 5.1.4 Tlola isithomo sebizo elithalelweko emutjhweni ongenzasi.
UMabusa wayephele alawulawule woke umuntu esikolwenapha. (1)
- 5.1.5 Tlola bona igama elithalelweko emutjhweni ongenzasi limhlobo bani wesandiso/wesinabiso.
UMandlekosi ongutitjherehloko eMavukabesala wayethethe umhlalaphasi ngayizolo. (1)
- 5.1.6 Buyelela utlole umutjho ongenzasi ube sesikhathini esizako.
Ugaya amathambo wehloko ngesikhundla esilengako. (1)
- 5.1.7 Buyelela utlole umutjho ongenzasi uveze ukuvuma.
limfundo zakhe zazingamvumeli bona abe mphathi wesikolo. (1)
- 5.1.8 Khetha ipendulo enembako kezilandelako.
Amagama asetheksthini engehla athi, 'kumngene eengazini' ahlathulula bona:
A Akulwela
B Kumenza azikhakhazise
C Akujaye
D Kumenza aziphathe kuhle (2)
- 5.1.9 Tlola bona umutjho ongenzasi umumethe sippi isifenqo.
Abentwana namatitjhere sebathontela njengeenthoro zesiphila. (1)
- 5.1.10 Tlola umutjho ongenzasi kodwana ube yikulumo engakanqophi/embiko.
UMarikiriki uthi kuMabusa; 'Letha zoke iinkhiya zesikolo kimi.' (2)

5.2 Qalisisa isithombe esingenzasi bese uphendula imibuzo elandelako.

ITHEKSTHI G

Lababantu **bangabulala inyoka**. Badose phambili sokana! Buyani naye unongorwana sizikhakhazise hle.



[Sithethwe ku-www.images.com]

5.2.1 Buyelela utlole umutjho ongenzasi kuthi esikhundleni segama elithalelweko ujamiselele ngelinomqondo ohlukileko.

Amasokana angena etatawini lezemidlalo. (1)

5.2.2 Buyelela utlole umutjho ongenzasi bese ujamiselela ibinzana lamagama athalelweko ngegama elilodwa.

Amasokana adlala ibholo ndawonye athumbe iimendlela zesiliva. (1)

5.2.3 Tlola umqondo welimi omunyethwe ligama elithi, 'hle' emutjhwani ongenzasi bewutjho nokobana lisetjenziswa nakwenzenjani.

Buyani naye unongorwana sizikhakhazise hle. (2)

5.2.4 Thatha amagama atolwe ngokunzima khulu uzakhele ngawo umutjho kuvele bona uyayazi ihlathululo yawo. (2)

[20]

IMITLOMELO YESIGABA C: 40
INANI LOKE: 80