

Iphepha Lemibuzo Ephathelene Nokwaneliseka Ngokunakekelwa Ngomuthi Wocwaningo (ugquku): (SMSQc)

Kula masonto/izinyanga ezimbalwa ezedlule ububambe iqhaza ocwaningweni lokunakekelwa ngomuthi. Namhlanje sizothanda ukwazi ukuthi indlela okuthola kuyikho ukwelashwa kwakho ngomuthi wocwaningo njengamanje ishintshe kanjani uma iqhathaniswa nendlela owawukuthole kuyikho ukunakekelwa kwakho ngomuthi wocwaningo emasontweni ambalwa okuqala ocwaningo. Ucelwa ukuba uphendule umbuzo ngamunye ngokukokelezela inombolo ngayinye kuyo yonke imigqa enezinombolo ukukhombisa ukuthi uhlangabezane nezinguquko kangakanani. Uma ungaluzwanga ushintsho, ucelwa ukuba ukokelezele u-'0'.

1. Waneliseke kangakanani ngokunakekelwa ngomuthi wakho wocwaningo owutholayo njengamanje?

nganeliseke kakhulu impela manje	3	2	1	0	-1	-2	-3	ukwaneliseka kwami sekunciphe kakhulu manje
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2. Waneliseke kangakanani nganoma imiphi imithelela emibi yomuthi wakho wocwaningo wamanje?

nganeliseke kakhulu impela manje	3	2	1	0	-1	-2	-3	ukwaneliseka kwami sekunciphe kakhulu manje
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3. Waneliseke kangakanani ngezinto ekudingeka ukuthi uzenze ngenxa yomuthi wakho wocwaningo wamanje?

nganeliseke kakhulu impela manje	3	2	1	0	-1	-2	-3	ukwaneliseka kwami sekunciphe kakhulu manje
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4. Mumva nje ukuthola kulula kangakanani ukunakekelwa kwakho ngomuthi wocwaningo?

kulula kakhulu impela manje	3	2	1	0	-1	-2	-3	ubulula sebunciphe kakhulu manje
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NOT FOR USE: SAMPLE

NOT FOR USE: This is a shortened sample only.

For use of the full questionnaire please contact info@healthpsychologyresearch.com

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