



Pitio la Utembeaji kwa Mtumiaji wa Kiungo Bandia (PLUS-M)

Toleo la 1.2 – Kiswahili

Vifungu-12 Fomu Fupi

Jina: _____

Tarehe: _____

Maelezo: Tafadhali jibu maswali yote kama vile ulikuwa umevaa mguu wa bandia siku zote. Kama ungetumia magongo, fimbo, au magongo ya miguu minne (walker) kukusaidia, tafadhali jibu haya maswali kama vile unatumia vitu hivyo.

Tafadhali chagua "Siwezi kutenda" kama:

- Wo Ungehitaji msaada toka kwa mtu mwingine kukamilisha kitendo,
- Ungehitaji kiti cha magurudumu au pikipiki kukamilisha kitendo, au
- Kujisikia kama kitendo kingekuwa hakina usalama kwako

Tafadhali weka alama kwenye kisanduku kimoja kwa kila mstari.

| Swali | Bila shida yoyote | Kwa shida kiasi | Na shida kiasi | Kwa shida zaidi | Siwezi kufanya |
|---|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| 1. Je unaweza kutembea umbali mfupi nyumbani kwako? | <input type="checkbox"/> (5) | <input type="checkbox"/> (4) | <input type="checkbox"/> (3) | <input type="checkbox"/> (2) | <input type="checkbox"/> (1) |
| 2. Je unaweza kupanda na kushuka ngazi? | <input type="checkbox"/> (5) | <input type="checkbox"/> (4) | <input type="checkbox"/> (3) | <input type="checkbox"/> (2) | <input type="checkbox"/> (1) |
| 3. Je unaweza kutembea kukatisha maegesho ya magari? | <input type="checkbox"/> (5) | <input type="checkbox"/> (4) | <input type="checkbox"/> (3) | <input type="checkbox"/> (2) | <input type="checkbox"/> (1) |
| 4. Je unaweza kutembea juu ya sehemu yenye mchanga? | <input type="checkbox"/> (5) | <input type="checkbox"/> (4) | <input type="checkbox"/> (3) | <input type="checkbox"/> (2) | <input type="checkbox"/> (1) |
| 5. Je unaweza kuhamisha kiti toka chumba kimoja kwenda kingine? | <input type="checkbox"/> (5) | <input type="checkbox"/> (4) | <input type="checkbox"/> (3) | <input type="checkbox"/> (2) | <input type="checkbox"/> (1) |
| 6. Je unaweza kutembea ukiwa umebeba kikapu cha sokoni kwenye mkono mmoja? | <input type="checkbox"/> (5) | <input type="checkbox"/> (4) | <input type="checkbox"/> (3) | <input type="checkbox"/> (2) | <input type="checkbox"/> (1) |
| 7. Je unaweza kuendelea kutembea watu wakikupiga kikumbo? | <input type="checkbox"/> (5) | <input type="checkbox"/> (4) | <input type="checkbox"/> (3) | <input type="checkbox"/> (2) | <input type="checkbox"/> (1) |
| 8. Je unaweza kutembea kwenye mtaa ama njia yenye giza? | <input type="checkbox"/> (5) | <input type="checkbox"/> (4) | <input type="checkbox"/> (3) | <input type="checkbox"/> (2) | <input type="checkbox"/> (1) |
| 9. Je unaweza kutembea sambamba ukiambatana na watu wengine? | <input type="checkbox"/> (5) | <input type="checkbox"/> (4) | <input type="checkbox"/> (3) | <input type="checkbox"/> (2) | <input type="checkbox"/> (1) |
| 10. Je unaweza kutembea kukatisha sakafu inayoteleza? | <input type="checkbox"/> (5) | <input type="checkbox"/> (4) | <input type="checkbox"/> (3) | <input type="checkbox"/> (2) | <input type="checkbox"/> (1) |
| 11. Je unaweza kutembea kwenye mteremko mkali wenye changarawe? | <input type="checkbox"/> (5) | <input type="checkbox"/> (4) | <input type="checkbox"/> (3) | <input type="checkbox"/> (2) | <input type="checkbox"/> (1) |
| 12. Je unaweza kutembea mile mbili kwenye eneo lenye miinuko, ikiwamo vilima? | <input type="checkbox"/> (5) | <input type="checkbox"/> (4) | <input type="checkbox"/> (3) | <input type="checkbox"/> (2) | <input type="checkbox"/> (1) |

Kuipa Maksi PLUS-M™ Vipengere-12 Fomu Fupi

PLUS-M™ fomu fupi inawekwa maksi kwa T-Score. Kupata T-score, jumlisha maksi za majibu yote ya fomu fupi. Hii itaitwa raw score. Usitumie raw score kwa sababu nyingine Zaidi ya kuangalia T-score kwa kutumia jedwali la chini la kubadilisha. Kama maswali yoyote kwenye fomu fupi hayajibiki rejea PLUS-M™ fomu fupi ya mwongozo kwa maelekezo jinsi ya kutoa maksi kwa fomu fupi ambazo hazijakamilika.

PLUS-M™ Vipengele-12 vya Form Fupi (v1.2) T-score Jedwali la Kubadili

| Raw Score | T-score | SE | Asilimia |
|-----------|---------|-----|----------|
| 12 | 21.8 | 4.4 | 0.2% |
| 13 | 25.2 | 3.4 | 0.7% |
| 14 | 27.2 | 3.1 | 1.1% |
| 15 | 28.7 | 2.9 | 1.6% |
| 16 | 30.0 | 2.7 | 2.3% |
| 17 | 31.2 | 2.5 | 3.0% |
| 18 | 32.2 | 2.3 | 3.8% |
| 19 | 33.2 | 2.2 | 4.6% |
| 20 | 34.1 | 2.1 | 5.5% |
| 21 | 34.9 | 2.1 | 6.5% |
| 22 | 35.6 | 2.0 | 7.6% |
| 23 | 36.4 | 2.0 | 8.6% |
| 24 | 37.1 | 1.9 | 9.8% |
| 25 | 37.7 | 1.9 | 11.0% |
| 26 | 38.4 | 1.9 | 12.3% |
| 27 | 39.0 | 1.9 | 13.6% |
| 28 | 39.7 | 1.9 | 15.1% |
| 29 | 40.3 | 1.9 | 16.6% |
| 30 | 40.9 | 1.9 | 18.1% |
| 31 | 41.5 | 1.9 | 19.8% |
| 32 | 42.1 | 1.9 | 21.5% |
| 33 | 42.7 | 1.9 | 23.3% |
| 34 | 43.3 | 1.9 | 25.2% |
| 35 | 43.9 | 1.9 | 27.2% |
| 36 | 44.5 | 1.9 | 29.3% |

| Raw Score | T-score | SE | Asilimia |
|-----------|---------|-----|----------|
| 37 | 45.2 | 1.9 | 31.5% |
| 38 | 45.8 | 1.9 | 33.7% |
| 39 | 46.4 | 1.9 | 36.1% |
| 40 | 47.1 | 1.9 | 38.5% |
| 41 | 47.7 | 1.9 | 41.1% |
| 42 | 48.4 | 1.9 | 43.7% |
| 43 | 49.1 | 2.0 | 46.4% |
| 44 | 49.8 | 2.0 | 49.1% |
| 45 | 50.5 | 2.0 | 51.9% |
| 46 | 51.2 | 2.0 | 54.8% |
| 47 | 52.0 | 2.1 | 57.8% |
| 48 | 52.7 | 2.1 | 60.8% |
| 49 | 53.6 | 2.1 | 63.9% |
| 50 | 54.4 | 2.2 | 67.0% |
| 51 | 55.3 | 2.3 | 70.2% |
| 52 | 56.3 | 2.4 | 73.4% |
| 53 | 57.3 | 2.5 | 76.7% |
| 54 | 58.4 | 2.6 | 79.9% |
| 55 | 59.6 | 2.8 | 83.2% |
| 56 | 61.0 | 2.9 | 86.4% |
| 57 | 62.5 | 3.1 | 89.5% |
| 58 | 64.5 | 3.3 | 92.6% |
| 59 | 67.1 | 3.8 | 95.6% |
| 60 | 71.4 | 4.9 | 98.4% |

Andika
PLUS-M™
T-score
hapo juu.

↓↓↓↓

PLUS-M™
T-score

Kwa T-score yenye standard error (SE) kubwa kuliko 3.0, inashauriwa kutumia PLUS-M™ (www.plus-m.org) ili kupata vipimo sahihi Zaidi. Asilimia inaonyesha asilimia ya PLUS-M™ sample ya mwendelezo ambayo ilionyesha mwenendo wa chini kuliko ilivyoonekana kwenye T-score. Kwa maelezo Zaidi na tafsiri ya PLUS-M™ T-score, tafadhali rejea PLUS-M™ fomu fupi ya mwongozo wa watumiaji.