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Relationship between Motivation and Healthy Behavior in Women of Reproductive Age

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ABSTRACT

***Background*:** Healthy living behavior in women of childbearing age plays an important role for reproductive sustainability.
Aim: This study aims to know the association between motivation and healthy beahvior on the women of healthy reproductive age.
Method: This study uses observational analytic correlation with a cross-sectional study design. The research population was women of healthy reproductive age, using purposive sampling, with inclusion criteria being able to read and write and willing to be research respondents. A number of 84 respondents participated in this study and signed informed consent in Bahasa. The independent variable data are the level of motivation and the dependent variable healthy behavior in women of healthy reproductive age. Data collection instrument using a questionnaire. Data analysis were analysis with Spearman test at a significance level of 0.05.
Results: **T**he subject characteristics it can be seen that the majority are in the category of healthy reproduction as much 46 (54,8%), senior high school graduates as much 58 (69%) and married status as much 72 (85,7%).
Based on statistical analysis, the normality test using the Shapiro-Wilk test on the motivation scores and healthy behavioral scores were not normally distributed ($p<0.05$). The results show the bivariate analysis on motivation and belief variables show a $r = - 0.047$ and p value = 0.067 ($p > 0.05$).
Conclusion: There is no there is no relationship between motivation and healthy behavior on women of reproductive age.

Keywords: *Motivation, Healthy Behavior, Women of Reproductive Age.*

INTRODUCTION

Healthy living behavior in women of childbearing age plays an important role for reproductive sustainability. The health of women of reproductive age is an important condition considering that reproduction is a means to give birth to the next generation. Healthy condition in terms of reproductive health concerns reproductive systems, functions and processes. In women of childbearing age, women are in the optimal reproductive period to produce quality generations of the nation. Efforts are directed at preventive efforts to develop their reproductive organs in a mature manner, free from defects and other sexually transmitted diseases [1].
Women of childbearing age are closely related to reproductive health because they have a need for reproductive health services, especially in relation to their nature as women. Currently, with changes in lifestyle, eating patterns and unhealthy sexual relations and low public awareness to carry out screening as an effort to detect early detection of reproductive organ diseases, it is increasing the risk for women of childbearing age to get diseases related to reproductive organs, such as cervical cancer and breast cancer [2].
Health promotion, especially in changing behavior such as simulations and games, attract more attention from both the public and health service providers, so this has the potential to overcome the challenges of people's motivation to change behavior by being fun and entertaining. Based on the results of the study explained that the motivation to participate in physical activity is influenced by enjoyment. So it is suggested that simulations to support successful health education must be carried out with fun and exciting techniques and activities and must be actively involved, this is the main component to increase one's motivation [3].
One of the studies discussed interventions on changes in perceptions of vulnerability, perceptions of obstacles and perceptions of benefits which experienced a significant

increase [4]. The desired features of a possible mHealth intervention included offering diverse methods of information delivery such as images and video content, text messages, and person-to-person interaction as well as notifications for appointments, vaccines, and feeding schedules. Other important considerations were internet-free access and content that included maternal and child health self-management topics beyond breastfeeding [5]. A study assessing assess the impact of an embodied conversational agent system on preconception risks among African American and Black women, and the results showed that The Gabby system has the potential to improve women's preconception health [6]. Previous research has not examined correlation between motivation and healthy behavior on women of healthy reproductive age. This research aims to corelate motivation and behavior in women of healthy reproductive age.

METHOD

This study uses observational analytic correlation with a cross-sectional study design. The research population was women of healthy reproductive age in the Mojosongo Surakarta Health Center area. The sample technique used purposive sampling, with inclusion criteria being able to read and write and willing to be research respondents. A number of 84 respondents participated in this study and signed informed consent in Bahasa. The independent variable data are the level of motivation and the dependent variable healthy behavior in women of healty reproductive age. Data collection instrument using a questionnaire. Before the data collection tool was used for research, the instrument was first tested on the respondents for the purpose of testing the validity and reliability, involving 20 research subjects in difference place who were taken randomly. Data analysis used univariate and bivariate analysis with a correlation test at a significance level of 0.05.

Ethical Clearance

This study received ethical approval from KEPK Poltekkes Kemenkes Surakarta with No. LB.02.02/1.1/9144/2022.

RESULTS

Table 1 shows the subject characteristics include age, education and marital status. Based on the table it can be seen that the majority are in the category of healthy reproduction as much 46 (54,8%), senior high school graduates as much 58 (69%) and married status as much 72 (85,7%).

Based on statistical analysis, the normality test using the Shapiro-Wilk test on the motivation scores and healthy behavioral scores were not normally distributed ($p<0.05$). Then the data transformation was carried out and the results remained the same, so that the next test analysis use the non-parametric Spearman test.

Table 2 shows the results of the bivariate analysis on motivation and belief variables show a $r = - 0.047$ and p value $= 0.067$ ($p > 0.05$) so it can be concluded that there is no relationship between motivation and healty behavior on women of reproductive age.

DISCUSSIONS

The aim of this cross-sectional study was to assess the association between motivation and healthy behavior on the women of healthy reproductive age. The results showed that there was no correlation between motivation and healthy behavior. The results of this study are not in accordance with previous studies.

Motivation is a key component in maintaining or achieving a change in behavior to become healthier. This motivation often appears in the early stages of behavior change. However, sometimes there are still many who have less interest and motivation, so it is necessary to intervene to bring about and even increase this motivation [7]. Health behavior change is a process, not a single event. Where the stages in the process will surely be passed. The stages of the change process include pre-contemplation, contemplation, planning, action, up to maintaining or keeping the health behavior consistent. The results of the study indicate that changes in health behavior improvement must occur through interventions according to the stages. For example, the interview or counseling process using digital media can be used as motivation, especially to help women recognize their ambivalence and take the first step in making a decision to choose the best alternative method according to the health problems they are experiencing. Strong motivation, self-confidence and belief can be used to set positive goals for health behavior change such as deciding to do sports and a healthier diet [8].

Table 1: The Characteristics of research subjects

Characteristics	n (%)	Mean+SD
Age (year)		34,50±8,30
Age category:		
Less than 20 years	4 (4,8)	
20-35 years	46 (54,8)	
More than 35 years	34 (40,5)	
Education category:		
Elementary school	0	
Junior High School	13 (15,5)	
Senior High School	58 (69)	
College	13 (15,5)	
Marital status:		
Married	72 (85,7)	
Not married	12 (14,3)	

Table 2: Analysis of the correlation between Motivation and Healthy Lifestyle in Women of Reproductive Age

Variables	Minimum	Maximum	Mean + SD	r	p value
Motivation	61	84	74.29 + 8.66	- 0.047	0.067
Behavior	43	62	51.00 + 3.79		

The results of this study indicate that there is no relationship between motivation and healthy living behavior, which is not supported based on the characteristic results that the majority of respondents in this study are married. This is not in accordance with previous research that motivation for healthy living behavior can be supported by harmonious relationships with partners and high well-being [9], perceptions of healthy food and adherence to a healthy and balanced nutritional diet correlate with motivation for health behavior [10].

Respondents in this study were women of childbearing age with the majority in the healthy reproductive age category with married status, so they still have the opportunity to reproduce. Motivation usually involves a sequence of needs, drives, goals and goal attainment. Lately, healthy living behavior has become a necessity, especially for women of childbearing age in order to have healthy reproduction. These results are in accordance with previous research which states that motivation is an important stimulus that influences human behavior and many motivated activities begin with needs or internal deficiencies or deficiencies [11].

The motivation given can have a good impact or maybe it will have a bad impact. It will have a good impact if the group supports each other so as to provide strong motivation for the continuation of health programs. Support can have a negative impact when the group does not support each other and even give negative comments to each other so that this can be a negative influence and even a barrier to motivate someone to live a healthier life (Kampmeijer et al., 2016).

In women of childbearing age, women are in the optimal reproductive period to produce quality generations of the nation. Preparing for a healthy and bright future can be done by maintaining and understanding reproductive health issues, and this is directed at preventive efforts to develop the reproductive organs in a mature manner, free from defects and other sexually transmitted diseases. One of the conditions that can be prevented by living a healthy lifestyle is overweight or obesity, and it needs to be a concern because it has an impact that is not good for health, such as causing chronic disease and interfering with reproductive health. Healthy living behaviors need to guide knowledge, understanding and motivation by removing barriers and strengthening motivation and taking into account individual needs and expectations [12].

CONCLUSION

There is no there is no relationship between motivation and healthy behavior on women of reproductive age.

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