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THE RELATIONSHIP BETWEEN PATIENT MOTIVATION AND SELF-CARE IN PATIENTS WITH SELF-CARE DEFICIT IN BALEE MAWAR WARD, ACEH MENTAL HOSPITAL

Popy Citra Sari Morian[1*], Rhieaqi Chintya Fonna[2],Maghfiratul Ulfa[3],Ayuni Atiqah[4], Siti Nur Nazirah[5], Maulida[6]
[1,2,3,4,5,6]*Universitas Bina Bangsa Getsempena*

* Corresponding Author: popy.morian@gmail.com

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ABSTRAK

Self-care deficit commonly occurs in individuals with mental disorders due to impairments in thought processes, motivation, and functional ability. This study aimed to analyze the relationship between patient motivation and self-care among individuals with self-care deficit in Balee Mawar Ward, Aceh Mental Hospital, in 2023. A quantitative correlational design with a cross-sectional approach was employed. A total sampling technique was used involving 35 respondents. Motivation and self-care were measured using validated Guttman-scale observation instruments. Results revealed that 60.0% of patients had high motivation, whereas 51.4% demonstrated poor self-care. Chi-square analysis indicated a significant relationship between motivation and self-care (p = 0.000). Positive reinforcement through praise and rewards contributed to improved cleanliness and independence. These findings highlight the importance of motivation-focused nursing interventions to enhance self-care among psychiatric patients.

INTRODUCTION

Self-care is a fundamental component of human functioning and is essential for maintaining physical and psychological well-being (Orem, 2001). Individuals with mental disorders, especially schizophrenia, often experience decreased motivation, impaired cognition, and reduced initiative, which contribute to limitations in performing basic self-care activities (American Psychiatric Association, 2022). Self-care deficit manifests as difficulties in maintaining personal hygiene, grooming, eating, and toileting, which can negatively impact health outcomes and social functioning (Videbeck, 2020).

Global data show that mental disorders contribute significantly to disability, with more than 280 million people affected by depressive disorders and 24 million living with schizophrenia (World Health Organization [WHO], 2022). Patients with schizophrenia frequently exhibit diminished self-care ability due to negative symptoms and impaired cognitive functioning (Foussias & Remington, 2010). Poor self-care increases risks such as infection, poor nutrition, social withdrawal, and reduced quality of life (Liu et al., 2021).

Motivation is a key internal factor influencing health behaviors, including self-care adherence (Ryan & Deci, 2020). Higher motivation is associated with greater engagement in daily activities, treatment compliance, and independent functioning (Kaddoura, 2010). In psychiatric nursing, interventions that emphasize motivational enhancement—such as praise, reinforcement, and structured routines—have been shown to improve self-care performance (Yoo et al., 2020).

Patients with mental disorders often struggle not only with cognitive impairments but also with disruptions in emotional regulation and social functioning, which further diminish their capacity to maintain self-care routines. Research shows that negative symptoms—such as apathy, reduced motivation, and social withdrawal—are strongly associated with poorer self-care performance among individuals with schizophrenia and related conditions (Strauss et al., 2020). These symptoms interfere with the individual's ability to initiate tasks independently, maintain attention, and complete daily activities, making self-care deficits a persistent challenge in psychiatric care settings.

Moreover, the hospital environment plays a substantial role in influencing patient behavior. A supportive therapeutic milieu, characterized by consistent routines, positive reinforcement, and empathetic communication, has been shown to enhance treatment engagement and functional outcomes (Lundqvist & Nilsson, 2019). In contrast, environments lacking structured interactions can inadvertently reinforce dependency and reduce patient participation in self-care activities. Therefore, understanding environmental and interpersonal factors is crucial when examining motivation and self-care behaviors among psychiatric inpatients.

Cultural factors may also shape how patients perceive self-care and respond to motivational strategies. In many Asian contexts, including Indonesia, family involvement and collective care expectations influence patients' attitudes toward independence and health behaviors (Suwarto et al., 2021). Cultural norms regarding cleanliness, social stigma toward mental illness, and the role of caregivers can affect both motivation and adherence to self-care. Incorporating cultural perspectives is essential for developing tailored interventions that effectively address the needs of psychiatric patients within their sociocultural context.

A preliminary assessment in Balee Mawar Ward of Aceh Mental Hospital in early 2023 revealed that many patients exhibited low personal hygiene and reduced initiative in performing self-care tasks. This suggests a potential link between motivational factors and self-care ability. Therefore, this study aimed to examine the relationship between patient motivation and self-care among individuals with self-care deficit in Balee Mawar Ward.

METHODS

A quantitative correlational study with a cross-sectional approach was conducted in Balee Mawar Ward, Aceh Mental Hospital, in 2023. This design allows identification of associations between variables at a single point in time (Polit & Beck, 2021). The population consisted of all 35 inpatients diagnosed with self-care deficit. A total sampling method was used, which is appropriate for small populations and enhances representativeness (Creswell & Creswell, 2018).

Motivation and self-care were assessed using structured observation sheets adapted from validated psychiatric nursing instruments (Salisbury et al., 2016). Both were measured using a Guttman scale (yes = 2, no = 0). Motivation: 10 items (score range 0–20) and Self-care: 20 items (score range 0–40). Validity testing used the Content Validity Index (CVI ≥ 0.80), and reliability was confirmed with Cronbach's alpha ≥ 0.70 (Tavakol & Dennick, 2011). Data were collected by trained psychiatric nurses. Univariate analysis described frequency distributions; bivariate analysis used Chi-square to evaluate associations between motivation and self-care ($\alpha = .05$). The chi-square test is appropriate for categorical variables and widely used in nursing research (Grove & Gray, 2019).

RESULTS

A. Univariat Analysis

Table 1.

Patient Motivation (n = 35)

No	Motivation	F	%
1	High	21	60.0
2	Low	14	40.0
	Total	35	100

Based on the table above, it can be seen that the majority of respondents, 21 individuals (60.0%), had high motivation, while nearly half of them, 14 respondents (40.0%), had low motivation.

Table 2.
Self-Care (n = 35)

No	Self-Care Level	F	%
1	Good	17	48.6
2	Poor	18	51.4
	Total	35	100

Based on the table above, it can be seen that nearly half of the respondents, 17 individuals (48.6%), had good self-care performance, while the majority, 18 respondents (51.4%), demonstrated poor self-care.

B. Bivariate Anlysis

Table 3.

Relationship Between Motivation and Self-Care (Chi-Square Test)

No	Motivation	Self care Deficit				Total	P value
		Good		**Poor**			
		N	**%**	**N**	**%**		
1	High	17	81.0%	4	19.0	21 (100%)	0.000
2	Low	0	0 %	14	100	14 (100%)	

Based on Table 4.5, out of the 35 respondents, the majority of patients with high motivation demonstrated good self-care performance, totaling 17 individuals (81.0%). Meanwhile, only 4 patients (19.0%) with high motivation still showed poor self-care. In

contrast, all patients with low motivation (100%) exhibited poor self-care, and none of them achieved a good level of self-care.

The Chi-Square test yielded a p-value of 0.000, indicating a statistically significant relationship between patient motivation and self-care ability. These findings suggest that higher motivation is strongly associated with better self-care performance among patients with self-care deficits.

DISCUSSION

The findings of this study demonstrate a significant association between patient motivation and self-care performance among individuals with self-care deficit. Patients with higher motivation were far more likely to perform self-care activities such as bathing, grooming, dressing, and toileting independently. This aligns with the Self-Determination Theory, which posits that self-motivated individuals exhibit greater persistence and engagement in health behaviors (Ryan & Deci, 2020). In psychiatric populations, motivation is essential for initiating and sustaining daily living activities despite cognitive and emotional barriers.

Motivational deficits are a core component of negative symptoms in schizophrenia and other severe mental disorders. These symptoms—including apathy, avolition, and anhedonia—significantly reduce the initiation of purposeful behavior (Strauss et al., 2020). Prior studies have shown that individuals with more pronounced negative symptoms perform worse in personal hygiene and daily functioning (Foussias & Remington, 2010). The present findings support this evidence: patients with lower motivation demonstrated poor self-care across all domains. This relationship highlights the central role of motivational enhancement in improving functional outcomes in psychiatric care.

Furthermore, reinforcement-based interventions appear to contribute to improved self-care performance. Patients in this study were often praised and provided with small rewards such as toiletries when they performed self-care tasks. This approach aligns with behavioral learning principles, where positive reinforcement strengthens desired behaviors (Kazdin, 2017). Research in psychiatric nursing similarly shows that reward systems—such as token economy or structured praise—can significantly improve hygiene behaviors among individuals with severe mental illness (Yoo et al., 2020). Reinforcement helps compensate for intrinsic motivational deficits by providing external cues and incentives for action.

Another factor that may explain the observed relationship is the role of cognitive functioning in motivation and self-care. Cognitive impairment, particularly in executive

function, planning, and attention, can limit individuals' ability to initiate and carry out self-care tasks (Liu et al., 2021). Motivational interventions help patients overcome these cognitive barriers by providing structure, prompting, and repeated cues that support self-care routines. The integration of both cognitive and behavioral perspectives is essential for understanding why motivation significantly influences functional performance.

Environmental and interpersonal factors also play an important role. A supportive therapeutic environment—characterized by consistent routines, patient-centered communication, and staff engagement—has been shown to enhance patient motivation (Lundqvist & Nilsson, 2019). In this study setting, nurses routinely encouraged and guided patients to perform their activities, which may have amplified the effectiveness of motivational reinforcement. Positive interaction with caregivers can enhance a patient's sense of competence and autonomy, which are essential components of intrinsic motivation (Ryan & Deci, 2020).

Cultural influences must be considered as well. In Indonesian and Southeast Asian cultural contexts, where collectivism and family involvement are strong, patients may rely heavily on external support, potentially limiting independent motivation for self-care (Suwarto et al., 2021). The findings of this study emphasize that motivational strategies must be culturally sensitive and aligned with local caregiving norms. For example, integrating family education about reinforcement techniques may maximize their impact on patient functioning.

Overall, the study contributes to existing literature by reaffirming that motivation is a significant predictor of self-care performance in psychiatric populations. The strong association found in the study suggests that interventions aimed at increasing motivation—such as structured praise, reward systems, motivational interviewing, and behavioral activation—may lead to meaningful improvements in patient autonomy and hygiene. Future research should consider integrating multicomponent interventions that address motivation, cognitive functioning, and environmental support simultaneously, as these factors interact and collectively influence self-care behavior.

CONCLUSION AND RECOMMENDATIONS

CONCLUSION

The results of this study demonstrate that patient motivation plays a crucial role in determining self-care performance among individuals with self-care deficit in a psychiatric inpatient setting. Patients with higher motivation were substantially more capable of

performing personal hygiene and daily living activities independently compared to those with lower motivation. The significant association observed between motivation and self-care highlights the importance of addressing motivational factors as part of comprehensive psychiatric nursing care. These findings reinforce existing evidence that motivation influences functional outcomes, compliance, and engagement in daily routines among patients with mental disorders. Enhancing motivation through structured reinforcement, supportive interactions, and an enabling therapeutic environment can significantly improve patients' independence and overall well-being. Therefore, motivation should be recognized as a central component in strategies aimed at improving self-care among psychiatric patients.

RECOMMENDATIONS

Based on the findings of this study, it is recommended that psychiatric nurses and healthcare institutions integrate motivation-focused interventions into routine patient care to enhance self-care performance. Nursing staff should employ strategies such as praise, positive reinforcement, and consistent guidance to help patients initiate and maintain daily self-care activities. Hospitals are encouraged to develop structured programs and protocols that promote motivational enhancement, including behavioral activation and reward-based approaches. Culturally sensitive education programs involving families may further strengthen patient motivation and functional independence. Future research should explore additional variables that influence self-care, such as cognitive functioning, environmental support, and long-term motivational interventions, to provide a more comprehensive understanding of the factors contributing to self-care improvement in mental health settings.

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