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The Influence of the Role of Health Workers, Family Support, and Motivation of Pregnant Women on Compliance with Antenatal Care Visits at the Marawola Community Health Center

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Abstract. *Compliance with Antenatal Care (ANC) visits is an important indicator in efforts to reduce maternal and infant morbidity and mortality rates. However, the coverage of ANC visits in the working area of Marawola Primary Health Center, Sigi Regency, has not yet achieved the national target. Factors presumed to influence compliance with ANC visits include the role of health workers, family support, and maternal motivation. This study aimed to analyze the influence of the role of health workers, family support, and maternal motivation on compliance with ANC visits at Marawola Primary Health Center, Sigi Regency. This study employed a correlational analytic design with a cross-sectional approach. The study population consisted of all third-trimester pregnant women with gestational ages of 35–40 weeks, totaling 175 individuals. A sample of 122 respondents was selected using simple random sampling. Data were collected using questionnaires and analyzed using the Chi-square test and logistic regression analysis with a significance level of α = 0.05. The majority of respondents perceived the role of health workers as good (86.1%), received good family support (77.0%), had high motivation (78.7%), and complied with ANC visits (64.8%). Logistic regression analysis showed that the role of health workers, family support, and maternal motivation had a significant influence on compliance with ANC visits (p < 0.05). The most dominant variable was the role of health workers, with an Exp(B) value of 6.406. The role of health workers, family support, and maternal motivation significantly influences compliance with ANC visits. Strengthening health education, promoting effective communication, and enhancing family involvement in ANC services are necessary to improve pregnant women's compliance with ANC visits.*

Keywords: *Antenatal Care, Compliance, Family Support, Health Workers, Maternal Motivation*

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INTRODUCTION

Antenatal Care (ANC) is an essential health service provided by health workers to mothers during pregnancy to monitor the condition of the mother and fetus, detect complications early, and prepare for a safe and healthy delivery (Azizah et al., 2024; Astuti & Astuti, 2025; Hardaniyati et al., 2021; Delfina et al., 2026; Aprilea et al., 2024). ANC services are implemented in accordance with established antenatal care standards to ensure the health of the mother and fetus during pregnancy (Patience et al., 2016; Roro et al., 2022; Lattof et al., 2020). Compliance of pregnant women in attending ANC visits according to standards is one indicator of the success of maternal

and child health programs because it plays a crucial role in efforts to reduce maternal and infant morbidity and mortality (Puspitasari & Munafiah, 2022; Martha et al., 2025; Ardiayuman et al., 2026; Azahra & Soekiswati, 2025; Agustian et al., 2025).

Based on data from the Marawola Community Health Center in 2024, of 285 pregnant women, only 147 (51.6%) had attended at least six ANC visits, as per service standards, while 138 (48.4%) had not met these standards. This situation indicates that ANC compliance remains a problem that requires serious attention. Low ANC compliance can hinder early detection of pregnancy complications, potentially increasing the risk of health problems for the mother and fetus (Arsenault et al., 2024; Amoakoh-Coleman et al., 2016; Suryanegara & Sirait, 2023; Yanti & Selvarajh, 2026).

ANC visit compliance is influenced by various factors, both internal and external. External factors include the role of health workers and family support, while internal factors include maternal motivation (Mediani et al., 2022; Wiradnyani et al., 2016; Sheikh et al., 2026; Ebenso et al., 2020). Health workers play a crucial role not only as providers of medical services but also as educators, communicators, motivators, facilitators, and counselors, who can increase pregnant women's understanding and awareness of the importance of regular prenatal checkups (Amelia & Fitriani, 2021; Retnowati, 2024). Good interactions between health workers and pregnant women can increase trust, comfort, and compliance during ANC visits (Cahyani & Surani, 2025; Nganga et al., 2019; Sripad et al., 2022).

Furthermore, family support, especially from the husband, is a significant factor influencing the health behaviors of pregnant women (Fathnezhad-Kazemi & Hajian, 2019; Al-Mutawtah et al., 2023; Lewis et al., 2015). This support can take the form of emotional, informational, and rewarding support, as well as instrumental support such as taking the mother to health facilities and helping meet her needs during pregnancy (Friedman, 2020). Research by Sari and Chalid (2022) shows that pregnant women who receive good family support tend to be more compliant with ANC visits compared to those who receive less support.

On the other hand, maternal motivation is an intrinsic drive that influences a mother's desire and awareness to maintain her own health and that of her unborn child (Kadzikowska-Wrzosek, 2016; Rockliffe et al., 2021). High motivation will encourage positive behavior, including adhering to the established antenatal care schedule (Siregar, 2020). Findings by Angraini et al. (2022) indicate that motivation is related to the regularity of ANC visits, suggesting that mothers with high motivation tend to be more consistent in attending antenatal care. Conversely, low motivation can cause mothers to neglect the importance of ANC visits, increasing the risk of delays in detecting pregnancy complications.

Based on the description, this study aims to analyze the influence of the role of health workers, family support, and motivation of pregnant women on compliance with ANC visits at the Marawola Community Health Center, Sigi Regency.

METHODS

This study used a correlational analytical design with a cross-sectional approach. This design was applied to analyze the relationships between the role of health workers, family support, maternal motivation, and compliance with antenatal care (ANC) visits among pregnant women at the Marawola Community Health Center, Sigi Regency. The study was conducted in 2026. The study population consisted of 175 pregnant women in the third trimester, with gestational ages ranging from 35 to 40 weeks. From this population, 122 respondents were selected through simple random sampling. The characteristics examined included age, educational level, occupation, and parity. The independent variables were the role of health workers, family support, and maternal motivation, while the dependent variable was compliance with ANC visits. The role of health workers was categorized as good or poor, and family support was similarly categorized as good or poor. Maternal motivation was classified as high, moderate, or low. Compliance with ANC visits was classified as compliant or non-compliant.

Data were collected using a questionnaire that had undergone validity and reliability testing. The collected data were analyzed in three stages. First, univariate analysis was used to describe respondent characteristics and the frequency distribution of each study variable. Second, bivariate analysis using the Chi-square test was conducted to examine the relationship between each independent variable and ANC visit compliance. Third, multivariate analysis using logistic regression was performed to determine the independent association of the role of health workers, family support, and maternal motivation with ANC visit compliance and to identify the dominant variable. Statistical significance was set at $\alpha=0.05\alpha = 0.05$, corresponding to a 95% confidence level.

RESULT AND DISCUSSION

Respondent Characteristics

Table 1. Characteristics of Respondents at Marawola Community Health Center Sigi Regency in 2025 (n=122)

Characteristics	n	%
Age (years)		
<20	7	5.7
20–35	102	83.6
>35	13	10.7
Education		
Elementary School	9	7.4
Junior High School	40	32.8
Senior High School	43	35.2
College	30	24.6
Work		
Housewife (IRT)	85	69.7
Private	10	8.2
Self-employed	9	7.4
Civil Servants (PNS)	18	14.8
Parity		
Primipara	40	32.8
Multipara	46	37.7
Grandemultipara	36	29.5
Total	**122**	**100.0**

Based on Table 1, the majority of respondents were in the 20–35 age group, namely 102 people (83.6%). Based on education level, almost half of the respondents had a high school education (43 people (35.2%), while the majority of respondents worked as housewives (85 people (69.7%). Based on parity, the majority of respondents were multiparous (46 people (37.7%), followed by primiparous (40 people (32.8%) and grandemultiparous (36 people (29.5%).

Frequency Distribution of Health Worker Roles

Table 2. Frequency Distribution of Health Worker Roles

The Role of Health Workers	n	%
Good	105	86.1
Not good	17	13.9
Total	**122**	**100.0**

Based on Table 2, the majority of respondents assessed that the role of health workers in ANC services was in the good category, namely 105 respondents (86.1%), while 17 respondents (13.9%) assessed the role of health workers as less good.

Frequency Distribution of Family Support

Table 3. Frequency Distribution of Family Support

Family Support	n	%
Good	94	77.0
Not good	28	23.0
Total	**122**	**100.0**

Based on Table 3, most respondents received good family support, namely 94 respondents (77.0%), while 28 respondents (23.0%) received poor family support.

Frequency Distribution of Pregnant Women's Motivation

Table 4. Frequency Distribution of Pregnant Women's Motivation

Mother's Motivation	n	%
Tall	96	78.7
Currently	10	8.2
Low	16	13.1
Total	**122**	**100.0**

Based on Table 4, the majority of respondents (96 respondents) had high motivation to attend ANC visits. Meanwhile, 10 respondents (8.2%) had moderate motivation, and 16 respondents (13.1%) had low motivation.

Distribution of Frequency of ANC Visit Compliance

Table 5. Distribution of Frequency of ANC Visit Compliance

ANC Visit Compliance	n	%
Obedient	79	64.8
Not obey	43	35.2
Total	**122**	**100.0**

Based on Table 5, the majority of respondents complied with ANC visits according to service standards, namely 79 respondents (64.8%), while 43 respondents (35.2%) did not comply with ANC visits.

The Relationship between the Role of Health Workers and ANC Visit Compliance

Table 6. Relationship between the Role of Health Workers and ANC Visit Compliance

The Role of Health Workers	Compliant n (%)	Non-Compliant n (%)	Total n (%)	p-value
Good	77 (63.1)	28 (23.0)	105 (86.1)	0,000
Not good	2 (1.7)	15 (12.2)	17 (13.9)	
Total	**79 (64.8)**	**43 (35.2)**	**122 (100)**	

Based on Table 6, it is known that of the 122 respondents, the majority of respondents who assessed the role of health workers as good and compliant in ANC visits were 77 respondents (63.1%). The Chi-square test results showed a p-value of 0.000 (<0.05), so it can be concluded that there is a significant relationship between the role of health workers and compliance in ANC visits at the Marawola Community Health Center, Sigi Regency.

The Relationship Between Family Support and ANC Visit Compliance

Table 7. Relationship between Family Support and ANC Visit Compliance

Family Support	Compliant n (%)	Non-Compliant n (%)	Total n (%)	p-value
Good	73 (59.8)	21 (17.2)	94 (77.0)	0,000
Not good	6 (4.9)	22 (18.0)	28 (23.0)	
Total	**79 (64.8)**	**43 (35.2)**	**122 (100)**	

Table 7 shows that 73 respondents (59.8%) received good family support and were compliant with ANC visits. The Chi-square test showed a p-value of 0.000 (<0.05), indicating a significant relationship between family support and ANC visit compliance at the Marawola Community Health Center in Sigi Regency.

The Relationship Between Mother's Motivation and ANC Visit Compliance

Table 8. Relationship between Maternal Motivation and ANC Visit Compliance

Motivation	Compliant n (%)	Non-Compliant n (%)	Total n (%)	p-value
Tall	72 (59.0)	24 (19.7)	96 (78.7)	0,000
Currently	5 (4.1)	5 (4.1)	10 (8.2)	
Low	2 (1.6)	14 (11.5)	16 (13.1)	
Total	**79 (64.8)**	**43 (35.2)**	**122 (100)**	

Based on Table 8, it is known that the majority of respondents were highly motivated and compliant with ANC visits, amounting to 72 respondents (59.0%). The Chi-square test results showed a p-value of 0.000 (<0.05), thus it can be concluded that there is a significant relationship between maternal motivation and compliance with ANC visits at the Marawola Community Health Center, Sigi Regency.

Respondent Characteristics

The results showed that the majority of respondents were in the 20–35 age group, amounting to 102 people (83.6%), while respondents aged <20 years were 7 people (5.7%) and >35 years were 13 people (10.7%). These findings indicate that the majority of pregnant women are in a healthy reproductive age range. Age is one factor that can influence a person's behavior in utilizing health services. According to the Ministry of Health of the Republic of Indonesia (2020), the age group of 20–35 is the safest reproductive age because at this age, the mother's physical and psychological condition is generally mature enough to undergo pregnancy and childbirth. Mothers in this age group tend to be better able to receive health information, make decisions, and understand the importance of regular prenatal checkups. Conversely, pregnancies under 20 and over 35 are categorized as high-risk pregnancies because they are associated with an increased risk of complications during pregnancy and childbirth. Therefore, pregnant women in these age groups require more intensive monitoring through ANC services. The results of this study align with research by Puspitasari and Munafiah (2022), which stated that the majority of pregnant women who visit ANC are in the healthy reproductive age group.

Based on education level, the majority of respondents had a high school education (43 respondents, 35.2%), followed by 40 respondents (32.8%), 30 respondents (24.6%), and 9 respondents (7.4%). Education is a predisposing factor that can influence a person's health behavior. The higher a person's education level, the easier it is for them to receive, understand, and process health-related information. According to Notoatmodjo (2020), education is related to thinking and decision-making skills in determining appropriate actions to address health problems. Pregnant women with higher levels of education tend to have better knowledge about the benefits of ANC, pregnancy danger signs, and the importance of conducting prenatal check-ups according to standards. However, mothers with lower levels of education can still maintain good health behaviors if they receive adequate information and education from health workers and their families. The results of this study align with Dimbuene et al. (2018) who stated that education contributes to the utilization of ANC services.

The results showed that the majority of respondents worked as housewives (85 people (69.7%), while 18 respondents worked as civil servants (14.8%), 10 respondents worked in the private sector (8.2%), and 9 respondents worked as self-employed (7.4%). Employment status can affect a mother's ability to access health services, both in terms of time availability and economic capacity. Housewives generally have more flexible time to make ANC visits compared to mothers who work in the formal sector. However, working mothers also have better opportunities to obtain access to health information and financial support to meet their needs during pregnancy. According to Notoatmodjo (2020), work can influence a person's mindset, social interactions, and behavior in utilizing health services. Therefore, health workers need to consider the working conditions of pregnant women when providing education and determining ANC service schedules to make them more accessible to all groups of pregnant women.

Based on parity, the majority of respondents were multiparous (46 people) (37.7%), followed by primiparous (40 people) (32.8%), and grandemultiparous (36 people) (29.5%). Parity is the number of deliveries a mother has experienced and can influence a mother's experience and behavior in maintaining her pregnancy. Multiparous mothers generally have more experience related to pregnancy and childbirth and therefore better understand the importance of regular prenatal care. Conversely, primiparous mothers tend to have limited experience and therefore need more information and support from health workers and family. According to Prawirohardjo (2019), grandemultiparous mothers have a higher risk of experiencing pregnancy complications than mothers with low parity, so compliance with ANC visits is crucial for early detection of complications. Previous pregnancy experiences can be a source of learning for mothers in making decisions regarding the use of health services.

Based on the respondents' characteristics, it can be seen that the majority of pregnant women at the Marawola Community Health Center in Sigi Regency are of healthy reproductive age, have a high school education, are housewives, and are multiparous. These characteristics can serve as a basis for health workers in developing health promotion strategies and ANC service approaches tailored to the conditions and needs of pregnant women in the Marawola Community Health Center's work area.

The Influence of the Role of Health Workers on ANC Visit Compliance

The results showed that the majority of respondents who assessed the role of health workers as good were also compliant with ANC visits, namely 77 respondents (63.1%). The Chi-square test obtained a p-value of 0.000 ($p<0.05$), indicating a significant influence between the role of health workers and compliance with ANC visits at the Marawola Community Health Center in Sigi Regency. This finding is consistent with the research of Amelia and Fitriani (2021) which stated that the role of health workers influences pregnant women's compliance with ANC visits. Health workers who are able to provide friendly, educational, and communicative services can increase awareness and confidence in pregnant women to undergo regular prenatal checkups.

Khatri et al. (2022) emphasizes that ANC services are a crucial tool for health promotion, disease prevention, screening, and early detection of pregnancy complications, ensuring a positive pregnancy experience. Pregnant women who experience the benefits of quality ANC services tend to be more motivated to adhere to the established schedule. Furthermore, Retnowati (2024) states that the attitude and quality of healthcare workers are among the factors influencing mothers' behavior in utilizing ANC services.

According to the researchers' assumptions, pregnant women's compliance with ANC visits is influenced by the ability of health workers to provide education, counseling, support, and friendly and responsive service. Information provided regarding the importance of ANC for maternal and fetal health can increase mothers' knowledge and foster positive attitudes toward ANC visits. Therefore, health workers need to continuously improve the quality of communication, provide reminders about scheduled visits, and optimize home visits to increase pregnant women's compliance with ANC services.

The Influence of Family Support on ANC Visit Compliance

The results showed that the majority of respondents who received good family support were compliant with ANC visits, namely 73 respondents (59.8%). The Chi-square test results obtained a p-value of 0.000 ($p<0.05$), thus it can be concluded that there is a significant influence between family support and compliance with ANC visits at the Marawola Community Health Center in Sigi Regency. This finding is in line with research by Sari and Chalid (2022) which showed that family support is related to compliance with ANC visits in pregnant women. Mothers who receive good family support tend to be more compliant in undergoing prenatal checkups compared to mothers who receive less family support.

Family support is a form of social support that plays a crucial role in shaping pregnant women's health behaviors. According to Friedman (2020), family support can take the form of emotional, informational, rewarding, and instrumental support, such as driving mothers to health facilities, reminding them of scheduled checkups, providing motivation, and helping them meet their needs during pregnancy. The presence and involvement of husbands and other family members can increase a pregnant woman's sense of security, comfort, and confidence in regularly attending ANC. Conversely, a lack of family attention and involvement can hinder mothers from utilizing ANC services.

According to the researchers' assumptions, high adherence to ANC visits among mothers with good family support is due to the family's concern for the health of the mother and fetus. Husbands' support as decision-makers and companions during pregnancy is a crucial factor encouraging mothers to adhere to ANC visit schedules. Furthermore, most respondents were multiparous mothers with previous pregnancy experience, thus better understanding the importance of prenatal checkups to monitor the mother's condition and detect early risks of complications. According to Prawirohardjo (2019), previous pregnancy experiences can influence a mother's readiness to manage the pregnancy and utilize health services. Therefore, family involvement, especially husbands, needs to be continuously improved through family education and counseling to create optimal support for ANC visit adherence.

The Influence of Maternal Motivation on ANC Visit Compliance

The results of the study showed that most respondents with high motivation were compliant with ANC visits, namely 72 respondents (59.2%). The results of the Chi-Square test obtained a p-value of 0.000 ($p <0.05$), so it can be concluded that there is a significant influence between maternal motivation and compliance with ANC visits at the Marawola Community Health Center, Sigi Regency. This finding indicates that the higher the motivation of pregnant women, the greater the tendency of mothers to have regular pregnancy check-ups according to the recommended schedule.

Motivation is an internal drive that influences a person to take action to achieve a specific goal. According to Notoatmodjo (2020), motivation is one factor that can shape a person's health behavior. In the context of pregnancy, a mother's motivation to maintain her own and her fetus' health, as well as her desire for a safe delivery, will encourage adherence to ANC visits. Maslow's theory of needs explains that the need for safety and security is one of the drivers of individuals to take actions that can protect themselves, including undergoing routine prenatal checkups (Chopra, 2022).

The results of this study align with those of Angraini et al. (2022), which showed that motivation is associated with the regularity of ANC visits. Pregnant women with high motivation tend to be more consistent in attending prenatal care because they have a better awareness of the benefits of ANC and the importance of early detection of complications. This finding is also supported by research by Sa'dulloh et al. (2024), which states that motivation is one of the factors associated with ANC visit compliance in pregnant women.

According to researchers, maternal motivation stems not only from within but is also reinforced by external factors such as family support and the role of healthcare professionals.

Good service, clear education, and emotional and practical support from family can increase a mother's confidence in maintaining adherence to ANC visits. Conversely, mothers with low motivation tend to prioritize prenatal care less, putting them at risk of not meeting the recommended standard of ANC visits.

The influence of the role of health workers, family support, and maternal motivation on compliance with ANC visits

The results of the logistic regression analysis showed that the role of health workers (p=0.031), family support (p=0.011), and maternal motivation (p=0.023) significantly influenced adherence to ANC visits (p<0.05). These findings indicate that pregnant women's adherence to ANC visits is influenced by a combination of internal and external factors. Maternal motivation is an internal drive to maintain health during pregnancy, while the role of health workers and family support provide reinforcement in shaping compliant behavior towards ANC visits.

The role of communicative, friendly, and informative health workers can increase mothers' confidence and comfort in utilizing ANC services (Sheffel et al., 2019; Luthuli et al., 2025; Mannava et al., 2015; Heri et al., 2023). Family support, especially the husband's, also plays a crucial role in helping mothers overcome obstacles during pregnancy, through emotional, informational, and instrumental support (Friedman, 2020). Furthermore, high motivation will encourage mothers to prioritize prenatal care to ensure the safety of themselves and their fetuses (Notoatmodjo, 2020). These findings are supported by research by Meiningsih et al. (2022) which states that family support and health workers' attitudes are associated with ANC visits, as well as research by Sa'dulloh et al. (2024) which shows that motivation is one of the factors associated with ANC visit compliance in pregnant women.

Furthermore, the World Health Organization recommendations emphasize that high-quality, regular antenatal care is a crucial strategy for early detection of pregnancy complications and improving maternal and infant health outcomes. This aligns with the 2020 policy of the Indonesian Ministry of Health, which emphasizes the importance of meeting ANC visit standards to reduce maternal and infant morbidity and mortality.

According to the researchers' assumptions, improving ANC compliance cannot be achieved by focusing on a single factor, but requires a comprehensive approach that includes improving the quality of healthcare services, actively involving families in supporting pregnant women, and strengthening mothers' motivation and awareness of the importance of regular prenatal checkups. The synergy of these three factors is expected to improve ANC compliance in accordance with established service standards.

CONCLUSION

The results of the study showed that the majority of pregnant women at the Marawola Community Health Center, Sigi Regency, assessed the role of health workers in the good category (86.1%), received good family support (77.0%), had high motivation (78.7%), and complied with Antenatal Care (ANC) visits according to service standards (64.8%). Bivariate analysis showed that the role of health workers, family support, and maternal motivation each had a significant effect on ANC visit compliance with a p value <0.05. Furthermore, the results of multivariate analysis showed that the role of health workers, family support, and maternal motivation simultaneously influenced ANC visit compliance at the Marawola Community Health Center, Sigi Regency. These findings indicate that pregnant women's compliance in ANC visits is the result of an interaction between external factors, namely the role of health workers and family support, and internal factors such as maternal motivation. Therefore, increasing ANC visit compliance needs to be done by strengthening the quality of health worker services, increasing family involvement, especially husbands, and efforts to increase the motivation and awareness of pregnant women regarding the importance of regular pregnancy check-ups.

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SUGGESTION

For pregnant women, it is hoped that this will increase awareness and motivation to make regular ANC visits according to recommended standards and involve their husbands and families during the pregnancy process. For the Marawola Community Health Center, it is recommended to continue improving the quality of ANC services through effective education and counseling and optimizing family involvement, especially husbands, in every maternal health service activity.

For future researchers, it is recommended to examine other factors that may influence adherence to ANC visits, such as knowledge, access to health services, socioeconomic conditions, and self-efficacy, using more diverse research designs.

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