



## **THE INFLUENCE OF PREGNANT WOMEN'S MOTIVATION ON THE DETECTION OF DANGER SIGNS OF PREGNANCY**

**Isabelita Madeira Soares<sup>1</sup>, Agustin Widyowati<sup>2</sup>, Lidia Gomes<sup>3</sup>**

University National Timor Lorosa'e

Corresponding Email: [belitamadres@gmail.com](mailto:belitamadres@gmail.com)

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### **ABSTRACT**

Early detection of danger signs of pregnancy is very important to prevent complications that can endanger the health of the mother and fetus. Motivation of pregnant women plays a crucial role in increasing the ability to recognize and respond to these danger signs. This study aims to identify the influence of pregnant women's motivation on the detection of danger signs of pregnancy through a systematic literature review (SLR). This research uses the SLR method by collecting and evaluating relevant literature from various databases, including PubMed, Scopus, and Google Scholar. The selected articles were those published within the last 10 years and studied the influence of motivation on the detection of danger signs of pregnancy. The article was analyzed using qualitative methods for narrative synthesis. The findings show that high motivation in pregnant women, supported by comprehensive health education, social support, and easy access to information, significantly increases the ability to detect danger signs of pregnancy. Research involving the use of social media, websites, and audiovisual media shows increased knowledge and awareness of pregnant women. Support from husbands and families has also been proven to increase pregnant women's awareness of the risks of pregnancy. However, the variability of results between studies suggests that socio-economic factors and access to health services play an important role in influencing pregnant women's motivation. Motivation of pregnant women is very influential in increasing the ability to detect danger signs of pregnancy. Increasing health education, social support, and the use of information technology must be the focus of policy and clinical practice to improve maternal health. By applying these findings, it is hoped that we can reduce the risk of pregnancy complications and improve maternal and infant health outcomes.

**Keywords:** Motivation, Pregnant Women, Dangers of Pregnancy

### **INTRODUCTION**

Pregnancy is a very important and challenging period in a woman's life. During this period, various physiological and psychological changes occur in the body of the pregnant woman, which require special attention and care. Early detection of danger signs of pregnancy is a very crucial aspect in maintaining the health of the mother and fetus. Pregnancy danger signs refer to symptoms or conditions that may indicate serious complications that require immediate medical intervention (Cavalcante et al., 2021).

Complications during pregnancy can have a serious impact on the health of the mother and baby. According to the World Health Organization (WHO), around 295,000 women die

every year due to complications from pregnancy and childbirth(Melo et al., 2023). Many of these deaths could have been prevented with timely intervention. Therefore, early detection of danger signs of pregnancy is very important to prevent complications that can be life-threatening.

Danger signs of pregnancy include various symptoms, such as vaginal bleeding, severe abdominal pain, severe headaches, blurred vision, high fever, and extreme swelling. Each of these signs can indicate a serious problem such as preeclampsia, ectopic pregnancy, or infection that requires immediate medical treatment. Early detection allows for rapid and appropriate medical intervention, so that the risk of complications can be minimized.

Early detection also plays a role in providing psychological peace for pregnant women. Knowing that you can recognize the signs of danger and take appropriate action can reduce anxiety and increase self-confidence during pregnancy. This is very important because excessive stress and anxiety can also have a negative impact on the health of the mother and fetus.

In the context of health services, education about the danger signs of pregnancy needs to be an integral part of antenatal care. Health workers must provide clear and comprehensive information to pregnant women about the danger signs to look out for and the steps to take if these symptoms appear. Apart from that, access to adequate health services is also very important so that pregnant women can get help immediately if needed.

The importance of early detection of danger signs of pregnancy has been widely recognized, but there are still many pregnant women who are not aware of or do not understand these danger signs. Factors such as education level, access to information, and social support play a big role in this. Therefore, further efforts are needed to increase awareness and knowledge of pregnant women regarding the danger signs of pregnancy(Petralina et al., 2023).

Motivation is one of the key factors that influences a person's health behavior, including pregnant women. Strong motivation can encourage pregnant women to take the necessary actions to maintain the health of themselves and the fetus they are carrying. This motivation can come from various sources, such as the desire to give birth to a healthy baby, support from family and partner, as well as information and education provided by health workers.

Pregnant women's motivation to maintain health during pregnancy is closely related to various healthy behaviors, such as attending regular antenatal visits, consuming nutritious food, exercising regularly, and avoiding habits that can harm health such as smoking and consuming alcohol. These behaviors are critical to ensuring a healthy pregnancy and safe delivery.

In the context of detecting danger signs of pregnancy, high motivation can encourage pregnant women to be more proactive in monitoring their health conditions. Motivated pregnant women will be more likely to recognize signs of danger and immediately seek medical help if necessary(Han et al., 2021). Conversely, a lack of motivation can make pregnant women tend to ignore or delay actions that should be taken, which can increase the risk of complications.

Pregnant women's motivation is also influenced by external factors, such as support from family, friends and health workers. Emotional and practical support from the surrounding environment can strengthen pregnant women's motivation to maintain their health. For example, a supportive partner can help remind the expectant mother of the importance of antenatal visits and provide support in overcoming challenges during pregnancy.

Health education also plays an important role in increasing the motivation of pregnant women. Accurate and easy to understand information regarding the importance of detecting danger signs of pregnancy and ways to maintain health during pregnancy can increase awareness and motivation of pregnant women. Effective educational programs can be carried out through various media, such as direct counseling, brochures, social media and health applications(Villanger et al., 2020).

A community-based approach can also increase pregnant women's motivation. Community involvement in maternal health programs, such as maternal support groups and pregnancy classes, can provide a platform for sharing information and experiences. This can increase a sense of togetherness and solidarity, which in turn can strengthen individual motivation to maintain health during pregnancy.

In several countries, incentive programs have also been implemented to increase the motivation of pregnant women to maintain their health. For example, programs that provide financial incentives or rewards for pregnant women who regularly make antenatal visits and participate in health education programs. This approach has proven effective in increasing pregnant women's participation and compliance with health recommendations.

Motivation of pregnant women plays an important role in maintaining health during pregnancy and in early detection of danger signs of pregnancy. To increase this motivation, a comprehensive approach is needed involving health education, social support and the right incentives. In this way, pregnant women will be better prepared and motivated to take the necessary actions to ensure a healthy and safe pregnancy.

This research is important because of the important role of motivation in the health of pregnant women and early detection of danger signs of pregnancy. First, there are questions that need to be answered regarding the influence of pregnant women's motivation on their ability to detect danger signs of pregnancy. Data shows that only around 70% of pregnant women in developing countries visit health facilities for antenatal check-ups, and of these, only around 60% have check-ups more than three times (WHO, 2023). This shows that there is a gap in the understanding and actions of pregnant women regarding early detection of danger signs of pregnancy. Therefore, this research will help to understand more deeply how pregnant women's motivation can influence behavior in recognizing and responding to potential life-threatening signs.

The main aim of this research is to identify and evaluate the results of previous research that has been carried out regarding the influence of pregnant women's motivation on the detection of danger signs of pregnancy. Data from previous studies shows significant variations in the level of awareness and understanding of pregnant women regarding the danger signs of pregnancy, which are influenced by various motivational factors (UNICEF, 2022). Thus, synthesizing the existing literature will provide a more comprehensive understanding of how motivation can influence the behavior of pregnant women in the context of early detection of danger signs of pregnancy.

The benefits of this research are very important for health practitioners and researchers in the field of maternal health. First, this research will provide health practitioners with better insight into the importance of motivation in helping pregnant women recognize and respond to pregnancy danger signs in a timely manner. This can help improve the quality of antenatal services and reduce maternal mortality caused by pregnancy complications that are not detected early (UNFPA, 2021). In addition, this research will also contribute new knowledge to the scientific literature regarding psychosocial factors that influence the health of pregnant women, which can be the basis for further research and the development of more effective maternal health policies.

This research will not only provide direct benefits for health practitioners in improving motivational interventions for pregnant women, but will also contribute to the development of more in-depth scientific knowledge about the influence of motivation on maternal health. Through a comprehensive systematic literature review approach, it is hoped that this research can make a significant contribution to global efforts to improve the overall health and well-being of pregnant women.

## RESEARCH METHOD

This research uses the Systematic Literature Review (SLR) method. SLR is a systematic approach to collecting, evaluating, and synthesizing all relevant evidence from the published literature on a particular topic. This approach allows researchers to present an objective and comprehensive summary of existing knowledge in a chosen field.

Article searches were carried out systematically using several relevant databases in the health sector, including but not limited to PubMed, Scopus, Google Scholar, and other academic databases. Keywords used in this search include: "motivation", "pregnancy", "danger signs detection", "maternal health", and variations of other related keywords. The use of appropriate and relevant keywords will ensure that all relevant literature on this topic can be identified.

Data analysis was carried out using qualitative analysis methods to synthesize narratives from the findings found in the selected literature (Fadli, 2021). This approach will allow researchers to identify general patterns, similarities, differences, and other key findings related to the influence of pregnant women's motivation on the detection of pregnancy danger signs. This narrative synthesis will help in presenting information comprehensively and provide a strong basis for research conclusions.

The proposed method is designed to ensure that the research is conducted in a systematic and scientific manner, as well as to ensure that all relevant and high-quality literature can be found and carefully evaluated. Thus, it is hoped that the results of this research will make a significant contribution in expanding our understanding of the role of motivation in pregnant women's health and the detection of danger signs of pregnancy.

## RESULTS AND DISCUSSION

In this systematic literature review (SLR) process, we identify and evaluate various studies that have been published in the last 5 years regarding the influence of pregnant women's motivation on the detection of danger signs of pregnancy. From searches carried out using various databases such as PubMed, Scopus, and Google Scholar, a number of articles were found that met the predetermined inclusion and exclusion criteria.

No	Research	Description	Motivation for Pregnant Women
1	Influence Of Social Media On Pregnant Women's Stress, Attitude And Fear Toward Choice Of Delivery Mode (Abd-Elhamed & ..., 2022)	This research examines the influence of social media on stress, attitudes and fears of pregnant women regarding the choice of delivery mode.	The use of social media can influence stress, attitudes and fears which impact awareness of the danger signs of pregnancy.
2	Pemeriksaan Triple Eliminasi: The Influence Of Information Sources, Role Of Midwives, Husband's Support, Mother's Knowledge And Attitudes On Pregnant Women's (Adhawiyah & Kusumastuti, 2024)	This research examines the influence of information sources, the role of midwives, husband's support, mother's knowledge and attitudes towards triple elimination examinations.	Husband's support and pregnant women's knowledge about examinations can influence their ability to detect danger signs.
3	Utilization Of The Internet For Physical Activity And Diet Information And Its Influence	This study evaluated the use of the internet for physical activity and diet	Information about physical activity and diet via the internet can

	On Pregnant Women's Lifestyle Habits In Qatar (Al-Dahshan et al., 2023)	information and its influence on the lifestyle habits of pregnant women in Qatar.	influence pregnant women's habits and awareness of pregnancy health.
4	Factors That Influence Pregnant Women's Nutritional Status In The Working Area Of Kruengraya Puskesmas District, Mesjid Raya District, Aceh Besar (Asyura & Maulidiyah, 2019)	This research identifies factors that influence the nutritional status of pregnant women in the Kruengraya Community Health Center working area, Aceh Besar.	Good nutritional status can improve the overall health and ability of pregnant women to detect danger signs of pregnancy.
5	Faktor Resiko Selama Kehamilan Di Upt Puskesmas Kragilan Kab Serang Tahun 2022: The Influence Of Mother's Class On Pregnant Women's Knowledge About Risk (Awalliah & Atarie, 2023)	This research examines the influence of maternal class on pregnant women's knowledge about risks during pregnancy at the Kragilan Community Health Center, Serang.	The knowledge gained from maternal classes can increase pregnant women's awareness about the risks of pregnancy.
6	Influence Of A Website On Pregnant Women's Knowledge Of And Motivation For Antenatal Visits During The Covid-19 Pandemic In Indonesia (Choiriyah et al., 2022)	This study evaluates the influence of websites on pregnant women's knowledge and motivation for antenatal visits during the COVID-19 pandemic in Indonesia.	Motivation for antenatal visits during the COVID-19 pandemic may influence early detection of pregnancy danger signs.
7	The Influence Of Pregnant Women's Knowledge Level On Early Detection Of Preeclampsia (Darwati et al., 2024)	This study examines the influence of pregnant women's level of knowledge on early detection of preeclampsia.	Knowledge about preeclampsia can improve the ability to detect early danger signs of pregnancy.
8	Socio-Demographic Influence On The Pregnant Women's Comprehension Of Maternal Health Information In Tanzania (Elia & Ayungo, 2023)	This study examines the influence of sociodemographics on understanding maternal health information among pregnant women in Tanzania.	A good understanding of maternal health information can increase awareness of danger signs of pregnancy.
9	The Influence Of Leaflet Media In Health Education On Pregnant Women's Knowledge About Anemia (Fajrin, 2021)	This research examines the effect of leaflet media in health education on pregnant women's knowledge about anemia.	Knowledge about anemia through leaflets can increase early detection of health conditions related to pregnancy.
10	The Influence Of Education Using Virtual Audiovisual Media On Pregnant Women's Knowledge About Covid 19 Prevention (Fakhriyah et al., 2022)	This research evaluates the effect of education using virtual audiovisual media on pregnant women's knowledge about preventing Covid-19.	Education about preventing Covid-19 can increase awareness and early detection capabilities of pregnant

			women regarding the risk of infection.
11	The Influence Of Gender-Sensitive Pregnant Women's Class On Maternal Self-Reliance Readiness In The Face Of Childbirth And Complication Prevention (Fratidhina et al., 2021)	This research examines the influence of gender-sensitive classes for pregnant women on maternal readiness for independence in facing childbirth and preventing complications.	Gender-sensitive classes for pregnant women can increase mothers' readiness and awareness of pregnancy complications.
12	A Systematic Review And Meta-Synthesis Of How Social Power May Influence Pregnant Women's Physical Activity (Livingston et al., 2022)	This research is a systematic review and meta-synthesis of how social forces influence the physical activity of pregnant women.	Social forces can influence pregnant women's physical activity and awareness of pregnancy health.
13	The Influence Of Education Using Virtual Audiovisual Media On Pregnant Women's Knowledge About Covid-19 Prevention (Fakhriyah et al., 2022)	This research evaluates the effect of education using virtual audiovisual media on pregnant women's knowledge about preventing Covid-19.	Education using virtual audiovisual media can increase pregnant women's knowledge and awareness about pregnancy health.
14	Influence Of Pregnant Women's Knowledge About The Use Of Insecticidal Mosquito Nets On The Incidence Of Malaria By Reading (Niu & Wardhani, 2023)	This study examined the effect of pregnant women's knowledge about the use of insecticide-treated bed nets on the incidence of malaria.	Knowledge about malaria and the use of insecticide-treated bed nets can increase pregnant women's awareness of the danger signs of infection.
15	Analysis Of Factors That Influence Pregnant Women's Non-Compliance With Anc Visits During Pregnancy At Upt. Dabo Lama Health Center Lingga Regency In 2022 (Putri et al., 2024)	This study analyzes the factors that influence pregnant women's non-compliance with ANC visits during pregnancy at the Dabo Lama Community Health Center, Lingga.	Knowledge and motivation for ANC visits can increase early detection of danger signs of pregnancy.
16	Influence In The Reproductive Planning And The Women's Satisfaction With The Discovery Of Being Pregnant In The Quality Of Prenatal Care In Brazil (Santos et al., 2019)	This study examines the influence of reproductive planning and women's satisfaction with pregnancy discovery on the quality of prenatal care in Brazil.	Satisfaction and knowledge about reproductive planning can influence the mother's readiness to detect danger signs of pregnancy.
17	The Influence Of Animated Video Media On Pregnant Women's Knowledge About Danger Signs Of Pregnancy (Sari et al., 2023)	This research examines the effect of animated video media on pregnant women's knowledge about the danger signs of pregnancy.	Animated video media can increase pregnant women's knowledge about the danger signs of pregnancy.

18	The Influence Of Pregnant Women's Nutrition And Parenting Patterns On The Incidence Of Stunting Among Toddlers In Pidie Jaya (Setyani et al., 2024)	This research examines the influence of nutrition and parenting patterns of pregnant women on the incidence of stunting among toddlers in Pidie Jaya.	Knowledge about nutrition and good parenting can increase pregnant women's awareness of the danger signs of pregnancy.
19	The Influence Of Pregnant Women's Class On The Anxiety Of Primigravida Mothers In Kabanjahe Health Center, Kaban Jahe District, Karo District, 2023	This research examines the influence of pregnant women's classes on the anxiety of primigravida mothers at the Kabanjahe Community Health Center, Karo.	Pregnancy classes can reduce anxiety and increase maternal awareness of the danger signs of pregnancy.
20	The Influence Of Pregnant Women's Health Education On Adherence To Antenatal Care (Tamunu et al., 2022)	This study evaluates the effect of pregnant women's health education on compliance with antenatal visits.	Health education can increase pregnant women's compliance and awareness of the danger signs of pregnancy.
21	Contextual Influence Of The Covid-19 Pandemic On Pregnant Women's Emotional Regulation Abilities (Toleon et al., 2023)	This research examines the influence of the COVID-19 pandemic on pregnant women's emotional regulation abilities.	Good emotional regulation can increase pregnant women's awareness of danger signs of pregnancy.
22	The Influence Of "Mattampu" Educational Media Application Of Childbirth Preparation To Pregnant Women's Knowledge (TRIASTIN et al., 2021)	This study evaluates the effect of the educational media application "MATTAMPU" on pregnant women's knowledge about childbirth preparation.	Educational media applications can increase pregnant women's knowledge about childbirth preparation and danger signs of pregnancy.
23	The Influence Of Pregnant Women's Physical Activity On Selected Perinatal Parameters (Wojtyla, 2023)	This study examines the influence of pregnant women's physical activity on selected perinatal parameters.	Good physical activity can improve the health and alertness of pregnant women to the danger signs of pregnancy.

### Synthesis of Findings

Based on the summary of findings from various studies that have been presented, it can be concluded that the motivation of pregnant women has a significant influence on the ability to detect danger signs during pregnancy. These studies highlight that high motivation in seeking information, obtaining health education, and active participation in prenatal care can increase pregnant women's awareness and understanding of potential danger signs. For example, research evaluating the use of social media, websites, and audiovisual media found that these information sources can strengthen pregnant women's knowledge about health conditions and increase awareness of possible complications.

Positive influences can also be seen from social support, such as the role of husbands, families and nurses in increasing pregnant women's readiness for prenatal care. Studies on the

influence of the husband's role in prenatal visits and emotional support for pregnant women show that active involvement and good support can strengthen awareness and management of danger signs of pregnancy.

Sociodemographic factors such as education level and economic status also play a role in influencing pregnant women's motivation to seek information and respond to danger signs. These studies show that pregnant women's knowledge about maternal health can be influenced by socio-economic background, which in turn influences the level of preparedness in facing potential health risks during pregnancy.

Overall, these findings underscore the importance of appropriate health education and easy access to accurate health information for pregnant women. By increasing motivation and understanding of the danger signs of pregnancy, it can be hoped that this awareness will assist in the early detection of potential complications, thereby improving the health outcomes of mothers and babies during pregnancy and birth.

### **Interpretation of Findings**

Interpretation of the findings from the research that has been presented shows that the motivation of pregnant women has a crucial role in detecting danger signs of pregnancy. The main finding of these studies is that high motivation to seek health information, prenatal education, and social support can significantly improve pregnant women's ability to recognize potential danger signs during pregnancy. For example, research exploring the influence of social media, health websites, and audiovisual media suggests that these sources of information can increase pregnant women's knowledge of symptoms to watch for and motivate them to seek care earlier when needed.

The relevance of these findings is particularly important in the context of maternal health, as early detection of danger signs of pregnancy can lead to timely medical intervention, reduce the risk of serious complications, and improve health outcomes for both mother and baby. Thus, increasing pregnant women's motivation and understanding of the symptoms that require medical attention can be a key strategy in improving effective prenatal care.

It is important to consider the variability of results between existing studies. Some studies may show consistent results about the positive influence of motivation on early detection of danger signs of pregnancy, but there are also differences in research methods, sample populations, and socio-economic context that may influence the results. For example, studies conducted in countries with different health access or diverse socio-economic conditions may show varying levels of motivation and knowledge among pregnant women.

This variability indicates the need for a diverse approach in supporting pregnant women in obtaining appropriate health information and recognizing danger signs of pregnancy. This can include health education adapted to the local context, using information technology to disseminate information widely, and strengthening social support from families and health workers. Thus, discussion of the variability of results between these studies provides a more comprehensive view of the complexity of factors influencing pregnant women's motivation and understanding of health during pregnancy.

### **Clinical Implications**

Findings from various studies regarding the influence of pregnant women's motivation on the detection of danger signs of pregnancy have significant clinical implications. First, better knowledge of the danger signs of pregnancy and motivation to seek prenatal care can help in reducing maternal and infant morbidity and mortality rates. Health practitioners should prioritize comprehensive health education during antenatal visits, ensuring that pregnant women receive clear and easy-to-understand information about the danger signs of pregnancy.

The application of innovative educational media, such as the use of social media, websites and audiovisual media, can be an effective tool in increasing the knowledge and motivation of pregnant women. Health practitioners can use these tools to disseminate important information and build support communities that can provide emotional and informational support to pregnant women.

Support provided by health workers and families, especially husbands, has been proven to increase pregnant women's awareness and readiness for the risks of pregnancy. Therefore, clinics and hospitals need to integrate educational programs that involve families in prenatal care. Programs such as gender-sensitive childbirth preparation classes and family consultations can help in strengthening social support and increasing the motivation of pregnant women.

These findings also have important implications for maternal health policy. Governments and health institutions need to develop policies that support better access to health information for pregnant women. This includes providing adequate resources for maternal health education programs, as well as developing digital platforms that can be widely accessed by pregnant women.

Policies must also include training and capacity building for health workers to use information and communication technology to provide health education. This training will ensure that health workers can utilize social media and other digital platforms effectively to support pregnant women.

Policies that support family involvement in prenatal care also need to be strengthened. This can be done by developing programs specifically designed to involve husbands and other family members in the education and support process for pregnant women. In this way, families can play an active role in helping pregnant women recognize and respond to danger signs of pregnancy.

Policies should also focus on increasing access to health services, especially in remote and underserved areas. Providing adequate health facilities and trained health personnel can help in ensuring that pregnant women receive the necessary care on time. Incentive programs for pregnant women who regularly attend antenatal visits and comply with health recommendations could also be considered as part of policies to increase motivation and awareness of pregnant women.

Integration of these findings into clinical practice and health policy can significantly improve early detection of pregnancy danger signs, reduce the risk of complications, and improve health outcomes for mothers and babies. Effective implementation of these findings requires collaboration between health care providers, policy makers, and communities to create an environment that supports optimal maternal health.

## **CONCLUSION**

Various studies show that high motivation in pregnant women has a significant positive impact on the ability to detect danger signs of pregnancy. The support provided by comprehensive health education, the active role of the family, especially husbands, and easy access to health information, all play an important role in increasing pregnant women's awareness and awareness of health conditions. Research also highlights the importance of participation in health education programs, such as antenatal classes and health counseling, which help strengthen pregnant women's knowledge and skills in recognizing symptoms that require immediate medical attention. The implication of these findings is the need for a holistic approach in the provision of maternal health services, with a focus on strengthening social support, effective health education, and the use of digital technology to increase information accessibility. By implementing these practical recommendations, it is hoped that we can

improve the health outcomes of pregnant women and reduce maternal and neonatal morbidity and mortality rates.

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