

Motivational Factors That Affect the Control of Disease Recurrence in Ugac Sur Tuguegarao City, Cagayan

Gina M. Zamora, MSMT

Cagayan State University, Tuguegarao City, Cagayan, Philippines

***Corresponding Author:**

Gina M. Zamora

Email: gmz0530@yahoo.com.ph

Abstract: This study was conducted to determine the motivational factors needed by the residents of Ugac Sur Tuguegarao City, Cagayan in the control of recurring diseases in their barangay. Specially, it determined the physiological, safety and security, social and self-esteem needs of the residents and the most important motivational factor in the control of disease recurrence in Ugac Sur. This study used descriptive normative survey method of research using the questionnaire as the main data gathering instrument. A total of 70 households were given questionnaires. The father of each household was considered as the inclusionary criteria and the mother together with the children as exclusionary criteria. Also, the study was narrowed down to three recurring diseases such as dengue, influenza and tuberculosis. The results of the study revealed the ranked importance of nine motivating factors in descending order as Free health services, Cheaper Commercial Medicines, Motivational traits of health care workers, Health Insurance, Increase in barangay health care workers, Increase in health care center, Implementation of policies on social responsibility for health, Engagement in a symposia, Participation in programs.

Keywords: Motivational factors, Physiological factors, Security and Safety factors, Social factors, Self-esteem factors.

INTRODUCTION

Motivation is one of the most important factors affecting human behavior and performance. According to Maslow's motivation theory [1], human beings are motivated by unsatisfied needs. Individuals are motivated through considering different factors like their physiological needs, security and safety needs, social needs and self-esteem needs to control the disease recurrence specifically in the case of tuberculosis, dengue and influenza.

One of the major causes of death worldwide, especially in the third world countries, is Tuberculosis. It is a highly communicable disease that requires public awareness due to its very contagious nature. The TB bacteria destroy patients' lung tissue, causing them to cough up the bacteria, which then spreads through the air and can be inhaled by others.

Dengue is another disease that needs great attention. It is non-communicable, mosquito-borne infection common in tropical and sub-tropical regions around the world. In the past years, transmission has increased predominantly in urban and semi-urban areas and has become a major international public health concern. Recently the number of reported cases has continued to increase.

Another disease that still continues to pose hazard to the public is Influenza. The ability of the influenza virus to produce vast variety of strains and its communicable nature makes this disease very hard to eradicate. Yearly, influenza epidemics can seriously affect all age groups, but the highest risk of complications occur among children younger than age two, adults age 65 or older, and people of any age with certain medical conditions, such as chronic heart, lung, kidney, liver, blood or metabolic diseases (such as diabetes), or weakened immune system.

Tuberculosis, Dengue, and Influenza are still on top of the roster for diseases of concern. For this reason, public awareness regarding health care especially involving these diseases is of great need. Health care in the Philippines has been one of the priorities of the national government. It is truly overwhelming to hear that our government spends too much just to give a decent health service to its citizens. However, death tolls have been recently skyrocketed despite the medical support given by the government.

Motivating local residents to visit professional doctors is one of the problems of our Department of Health. With the economic status of those living in far-flung areas, the thrust of going to doctors may seem to be a practice only by the rich people found in their

place. Not only that, they take the opinion of the faith healers to be true, thus doing strange procedures that would cure them. This is how most of them cure their sickness, by the ways of the “albularyo”.

However, there are instances that what seemed to be the cure has only worsened the situation. These are the critical times that relatives of the sick depend on what science can do. There are times when the statements of the doctor are highly appreciated and well-believed. Nevertheless, if worse comes to worst, even science can fail to do its part once the deteriorating body of the sick comes to its end. By all means, practicability in this part was never achieved in its well-appreciated manner of saving financially. Everything has just become a burden instead of relief.

Thus, this study was undertaken to determine the most important factor based on their need physiologically, their needs in safety and security, socially and also their needs in their own self-esteem in order to motivate residents of Ugac Sur, Tuguegarao City intrinsically in visiting health care centers or hospitals to diagnose their diseases. The study prompts to evaluate their way of thinking in the broad sense of their health over other things. Their autonomous decision in bringing change of thought and actions over the matter at hand is the great pursuit of the researcher.

MATERIALS AND METHODS

Research Design

The research design used in this study was descriptive normative survey method because it gathered information about the existing condition of the community without any external factor that may cause a bias point of view.

Respondents and Sampling Procedures

Purposive sampling was used in choosing the respondents. Ten selected households from each of the seven zones of Ugac Sur Tuguegarao City were chosen wherein the father was considered as the inclusionary criteria and the mother together with the children as exclusionary

criteria. This was to make the study as broad as possible.

Research Instrument

The type of questionnaire used was the Treatment Self-Regulation Questionnaire (TSRQ) since the study was about their perspective on the motivational concepts in changing the behaviors of the residents toward health care.

Collection of Data

The questionnaires were floated in Ugac Sur Tuguegarao City. Upon retrieval of the questionnaire the respondents were also interviewed. The results were then tallied, tabulated, analyzed, assessed and interpreted.

RESULTS AND DISCUSSION

I. General Profile

Table 1.1 presents the distribution of the respondents according to age. Data reveals that most of the residents who experience disease recurrence are the senior farmers ages 51 to 60.

Table 1.2 presents the distribution of the respondents according to highest educational attainment. Data reveals that most of the respondents in the study who experience disease recurrence are the Elementary Graduates.

Table 1.3 presents the distribution of the respondents according to the number of family members. Data reveals that most of the residents who experience disease recurrence in Ugac Sur have a number of family member ranging from four to five.

Table 1.4 presents the distribution of the respondents according to the monthly income. Data reveals that most of the residents who experience disease recurrence in Ugac Sur have a low income of ₱ 5,000 which is below the minimum wage of ₱ 250 per day.

Table 1.1. Distribution of Respondents According to Age

AGE	Frequency							Total	
	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7	F	%
20-30	2		2		1		3	8	11.43%
31-40	1			3	3	3	1	11	15.71%
41-50	2	4	1	2	2	1	1	13	18.57%
51-60	2	4	4	3	2	4	3	22	31.43%
61-70	3	2	3	2	2	2		14	20.00%
71-80							2	2	2.86%
total	10	10	10	10	10	10	10	70	100.00%

Table1.2. Distribution of Respondents According to Highest Educational Attainment

AGE	Frequency							Total	
	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7	F	%
None	2	1	1					4	5.71%
Elementary Undergraduate	1			2		4	3	10	14.29%
Elementary Graduate	3	4		4	4	3	1	19	27.14%
High School Undergraduate		1	3	2	1			7	10.00%
High School Graduate	2		4		1	1	2	10	14.29%
College Undergraduate		2	1	1	4		1	9	12.86%
College Graduate	2		2			2	3	9	12.86%
Vocational Course		2						2	2.86%
Masters									0.00%
Total	10	10	10	10	10	10	10	70	100.00%

Table1.3. Distribution of Respondents According to the Number of Family Members

	Frequency							Total	
	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7	F	%
3 and below	1	2	1	3	3	2	5	17	24.29%
4-5	3	2	3	4	6	5	4	27	38.57%
6-7	2	1	3	3	1	2	1	13	18.57%
8-9	2	4	3					9	12.86%
10 and above	2	1				1		4	5.71%
Total	10	10	10	10	10	10	10	70	100.00%

Table1.4. Distribution of Respondents According to their Monthly Income

Monthly Income	Frequency							Total	
	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7	F	%
₱ 5,000 and below	8	10	10	10	10	4	7	59	84.29%
₱ 5,001 - ₱ 10,000	2					3	3	8	11.43%
₱10,001 - ₱ 15,000						3		3	4.29%
Total	10	10	10	10	10	10	10	70	100.00%

II. Respondent's Perception of their Motivational Needs Fulfillment on Physiological Needs

Table 2.1 presents the distribution of the respondents according to their responses on the question "How much can you spend for your medicines?" Data reveals that most of the residents can hardly afford to spend for their medicines.

Table 2.2 presents the distribution of the respondents according to their responses on the question "Which of the following would you like to be given at no cost?" Data reveals that most of the residents prefer vitamins which are essential in the prevention of diseases.

Table 2.1. Distribution of the respondents according to their responses on the question "How much can you spend for your medicines?"

	Frequency							Total	
	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7	F	%
100 and below	5		1	6	4	2	6	24	34.29%
101-200	2	1	4	2	1	4	1	15	21.43%
201-300		6	0	1	3	2	1	13	18.57%
300 and above	3	3	5	1	2	2	2	18	25.71%
Total	10	10	10	10	10	10	10	70	100.00%

Table 2.2. Distribution of respondents according to their responses on the question. “Which of the following would you like to be given at no cost?”

	Frequency							Total	
	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7	F	%
Vaccines (if available)	1	1		1	1	4	3	11	15.71%
Vitamins	3	6	6	4	5	3	4	31	44.29%
Consultation	3	1	2	3	3	1	2	15	21.43%
Generics drugs	3	2	2	2	1	2	1	13	18.57%
Total	10	10	10	10	10	10	10	70	100.00%

III. Respondent’s Perception of their Motivational Needs Fulfillment on Safety and Security Needs

Table 3.1 presents the distribution of the respondents according to their responses on the question “How many health care centers would you want to have in your barangay?” Data reveals that most of the residents would like to have 1-2 health care centers.

Table 3.2 presents the distribution of the respondents according to their response on the question “How many additional health workers would you like to have in your barangay?” Data reveals that most of the residents prefer to have an increase of six to seven health workers.

Table 3.3 presents the distribution of the respondents according to their responses on the question “Which benefits do you want to avail from health insurances?” Data reveals that most of the residents would want to have a decrease in medical costs in their health insurances.

Table 3.4 presents the distribution of the respondents according to their responses on the question “Which of the following policies would you like to be implemented?” Data reveals that most of the residents would want to have a proper hygiene policy. The least number of respondents have chosen policy to discourage unhealthy marketing practices.

Table 3.1. Distribution of respondents according to their responses on the question “How many health care centers would you want to have in your barangay?”

	Frequency							Total	
	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7	F	%
1-2	9	2	9	10	9	9	8	56	80.00%
2-4	1	7	1		1		2	12	17.14%
5 and above		1				1		2	2.86%
Total	10	10	10	10	10	10	10	70	100.00%

Table 3.2. Distribution of respondents according to their responses on the question “How many additional health workers would you like to have in your barangay?”

	Frequency							Total	
	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7	F	%
5 and below	4	2		4	5	3	6	24	34.29%
6-10	5	6	8	5	3		2	33	47.14%
11-15	1	2	2	1	1	1	1	9	12.86%
16 and above					1	2	1	4	5.71%
Total	10	10	10	10	10	10	10	70	100.00%

Table 3.3. Distribution of respondents according to their response on the question “Which benefits do you want to avail from health insurances?”

	Frequency							Total	
	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7	F	%
Decreases of medical cost	7	6	9	7	5	5	2	41	58.57%
Easy access to routine medical checkups	3	1		1	2	4	1	12	17.14%
Reduction of trips’ costs to specialist doctors		3			1	1	3	8	11.43%
The possibility of Hospitalization and treatment			1	2	2		4	9	12.86%
Total	10	10	10	10	10	10	10	70	100.00%

Table 3.4. Distribution of respondents according to their responses on the question “Which of the following policies would you like to be implemented?”

	Frequency							Total	
	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7	F	%
Policy on anti-smoking measures	1	4	2	1	4	4	1	17	24.29%
Policy on the Proper hygiene	5	6	7	7	4	5	4	38	54.29%
Policy to restrict the trade in inherently harmful goods and substances	4		1	1	2	1	3	12	17.14%
Policy to discourage unhealthy marketing practices				1			2	3	4.29%
Total	10	10	10	10	10	10	10	70	100.00%

IV. Respondent’s Perception of their Motivational Needs Fulfillment on Social Needs

Table 4.1 presents the distribution of the respondents according to their responses on the question “Which among the following would you like to be the theme of the symposia?” Data reveals that most of the residents prefer symposia with the theme “Importance of Health”.

Table 4.2 presents the distribution of the respondents according to their responses on the

question “Which programs would you like yourself to be a part of?” Data reveals that most of the residents prefer programs in preventing disease recurrence.

Table 4.3 presents the distribution of the respondents according to their responses on the question “Which among the following would you consider a trait of a health worker that will motivate you to control disease recurrence?” Data reveals that most of the residents will be motivated if the health workers are approachable.

Table 4.1. Distribution of respondents according to their responses on the question “Which among the following would you like to be the theme of the symposia?”

	Frequency							Total	
	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7	F	%
Importance of Health	4	4	2	3	4	3	4	24	34.29%
Cause and Effects of Disease Recurrence	1	2			2	1	2	8	11.43%
Prevention of Disease Recurrence	5	4	8	7	3	4	4	35	50.00%
Disease Recurrence					1	2		3	4.29%
Total	10	10	10	10	10	10	10	70	100.00%

Table 4.2. Distribution of respondents according to their responses on the question “Which programs would you like yourself to be a part of?”

	Frequency							Total	
	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7	F	%
Preventing Disease Recurrence Program	4	6	6	3	3	4	2	28	40.00%
Health insurance Program	3	3	4	2	3	3	7	25	35.71%
Clean Environment Program	2	1		1	2	2	1	9	12.86%
Building a Healthy Community Program	1			4	2	1		8	11.43%
Total	10	10	10	10	10	10	10	70	100.00%

Table 4.3. Distribution of respondents according to their responses on the question “Which among the following would you consider a trait of a health worker that will motivate you to control disease recurrence?”

	Frequency							Total	
	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7	F	%
Optimistic	1					1	1	3	4.29%
Approachable	7	5	4	4	8	8	7	43	61.43%
Sympathetic	2	5	4	6		1	2	20	28.57%
Fairness			2		2			4	5.71%
Total	10	10	10	10	10	10	10	70	100.00%

V. Ratings of Motivational Factors

	Frequency					Total	
	1	2	3	4	5	Rating	Ranking
Cheaper Commercial Medicines			1	12	57	336	2
Free health services			1		69	348	1
Increase in health care center		6	17	17	30	281	6
Increase in barangay health care workers		5	16	19	30	284	5
Health Insurance			12	15	43	311	4
Implementation of policies on social responsibility for health	1	11	13	13	32	274	7
Engagement in a symposia		10	13	33	14	261	8
Participation in programs		7	18	26	19	267	9
Motivational traits of health care workers		1	3	14	52	327	3

The results of the study revealed the ranked importance of the following nine motivating factors as: cheaper commercial medicines, free health services, increase of health care centers and barangay health workers, giving health insurances, implementation of policies on social responsibility for health, engagement in symposia, participation in programs and motivational traits of health care workers. A comparison of these results to Maslow’s need-hierarchy theory provides that free health services which are ranked first are physiological factors. Cheaper commercial medicines is a physiological factor, and motivational traits of health care workers are esteem factor. Therefore, according to Maslow [2], if the most important motivational factor which are free vitamins and consultation then the local government unit should provide the physiological needs first.

If local government units wish to address the second most important motivational factor of cheaper commercial medicines, the cost of medicine should be less than one hundred pesos only.

While comparing the Vrooms [3] expectancy model with the highest ranked motivator free health services, the idea is that the individual then changes their level of effort according to the value they place on the outcomes they receive from the process and on their perception of the strength of the links between effort and outcome. Thus, this theory of motivation is not

about self-interest in rewards but about the associations people make towards expected outcomes and the contribution they feel they can make towards those outcomes.

When we compare the third highest ranked motivational factor/ motivational traits of barangay health workers to Adam’s equity theory then it is clear that if the local government units of Ugac Sur would want to motivate its residents, barangay health workers should possess positive traits such as being approachable and sympathetic. If the residents are not provided with the proper treatment, the residents’ health status will deteriorate.

CONCLUSION

The study showed that free health services such as free vitamins and consultation are the most important motivational factors that affect the control of disease recurrence in Ugac Sur. With their physiological needs satisfied, the residents of Ugac Sur would be able to improve their health status. The Local Government Unit should set aside a higher budget on the free health services of the said residents. However, if the Local Government Unit fails to do these actions then the residents would continue to suffer from the disease recurrence and probably the situation might get worse. The authorities should take measures to improve health services in the city. The control of disease recurrence is dependent upon the motivation of the

residents [4]. Knowing what motivates the residents and incorporating this knowledge into the reward system will help in building a better community. Health care motivations in the residents require both the Local Government Units and health care center working together [4]. The residents must be willing to let the local government know what motivates them, and local government must be willing to design reward system that motivate the residents. Survey results, like those presented here, are useful in helping the administration to determine what motivates the residents. If properly designed reward systems are not implemented, however, residents of Ugac Sur provides useful information for the Local Government and the authorities. The strategy for motivating depends on which motivation theories are used as a reference point. Regardless of which theory is followed free health services and cheaper commercial medicines appear to be important links to higher motivation.

RECOMMENDATIONS

On the basis of the conclusion of the study the following are recommended:

- I. Future researchers should focus on the other seasonal diseases not mentioned in this study.
- II. More respondents should take part in the study.
- III. After the application of the study, another study should be done to determine the effector the increase in development in Ugac Sur Tuguegarao City.

REFERENCES:

1. Maslow A; Human Motivation and Personality, McGraw Hill Book Co., New York, 1967.
2. Maslow A; A Theory of Human Motivation, Psychological Review, 1943; 370-396.
3. Vroom VH; Work and Motivation, Wiley, New York, 1964.
4. Buford Al; Serbian Journal of Management, 1990; 5.