

Association of the personal factors of culture, attitude and motivation with health behavior among adolescents in Malaysia

ABSTRACT

This study was undertaken to determine the association of the personal factors of culture, attitude and motivation on health behavior among Malaysian adolescents. A cluster sampling technique was used and a total of 1,029 students with ages ranging from 15 to 17 years (M age = 15.9, SD = .637) were selected as respondents. The research instrument was a self-administered questionnaire covering health behavior, culture, attitude, and motivation towards health. The strongest linear relationship was found between culture and health behavior ($r = .618$, $p = .001$). Besides the culture of adolescents being the main predictor of health behavior ($\beta = .365$, $p = .000$), attitude ($\beta = .283$, $p = .000$) and motivation ($\beta = .064$, $p = .033$) also had significant independent effects on health behavior. Hence, culture, attitude and motivation should be taken into consideration in the promotion of health education, especially at school level.

Keyword: Personal factors; Health behavior; Adolescent; Culture; Motivation; Attitude