

## **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