

The Influence of Healthcare Workers' Communicative Competence and Mothers' Compliance with Prenatal Care on Maternal Well-Being

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Abstract— Maternal well-being is a vital indicator of healthcare quality and accessibility. Effective communication between healthcare workers and expectant mothers plays a critical role in promoting prenatal care compliance and improving maternal outcomes. This study examined the influence of healthcare workers' communicative competence and mothers' compliance with prenatal care on maternal well-being. A descriptive–correlational research design was employed involving 120 mothers from selected urban and rural barangays of Tangub City, Philippines. Data were collected using validated questionnaires measuring communicative competence, prenatal care compliance, and maternal well-being. Results indicated that healthcare workers demonstrated good communicative competence, while mothers exhibited high levels of prenatal care compliance. Maternal well-being was rated high across physical, emotional, and psychological domains. Significant positive relationships were found between communicative competence, prenatal care compliance, and maternal well-being. Regression analysis revealed that culturally sensitive communication and micronutrient supplementation significantly predicted psychological well-being. These findings highlight the importance of effective healthcare communication and sustained prenatal care in improving maternal health outcomes.

Keywords— communicative competence, prenatal care compliance, maternal well-being, maternal health, healthcare communication.

I. INTRODUCTION

Maternal health remains a global public health priority and serves as a key indicator of healthcare system effectiveness. Despite advances in maternal care, maternal morbidity and psychosocial health challenges continue to affect women, particularly in low- and middle-income settings. Effective healthcare communication has been identified as a cornerstone of quality maternal care, influencing understanding, trust, and adherence to recommended health practices.

Healthcare workers' communicative competence encompasses clarity of information delivery, timeliness, efficiency, and cultural sensitivity. When providers communicate effectively, mothers are more likely to comply with prenatal recommendations, engage actively in care, and experience positive health outcomes. In contrast, communication gaps may lead to misunderstanding, reduced compliance, and compromised maternal well-being.

Prenatal care compliance—including attendance at antenatal visits, participation in health education, and micronutrient supplementation—is essential for monitoring pregnancy progression and preventing complications. Maternal well-being, which includes physical, emotional, and psychological dimensions, is strongly shaped by the quality of healthcare interactions and the extent of prenatal support received.

While previous studies have explored healthcare communication and prenatal care separately, limited research has examined their combined influence on maternal well-being. This study addresses this gap by determining the relationships among healthcare workers' communicative competence, mothers' compliance with prenatal care, and maternal well-being.

II. METHODOLOGY

Research Design

A descriptive–correlational research design was utilized to determine the relationships among healthcare workers’ communicative competence, mothers’ compliance with prenatal care, and maternal well-being.

Participants and Setting

The study involved 120 mothers who had delivered within the previous 12 months in selected urban and rural barangays of Tangub City, Philippines. Participants were selected through purposive and snowball sampling.

Research Instruments

Three validated questionnaires were used:

1. Healthcare Workers’ Communicative Competence Questionnaire
2. Mothers’ Compliance with Prenatal Care Questionnaire
3. Maternal Well-Being Questionnaire

Each instrument demonstrated high internal consistency, with Cronbach’s alpha values exceeding 0,95.

Data Collection

Data were collected through printed questionnaires and online survey forms following ethical approval and informed consent procedures.

Data Analysis

Descriptive statistics were used to describe respondent characteristics and variable levels. Pearson Product–Moment Correlation determined relationships among variables, while multiple linear regression identified predictors of maternal well-being.

III. RESULTS AND DISCUSSION

Healthcare workers’ communicative competence was rated as good, with high scores in the timeliness and efficiency of health education delivery. Mothers demonstrated high compliance with prenatal care, particularly in micronutrient supplementation and

regular prenatal visits. Maternal well-being was rated high across all domains, with emotional well-being obtaining the highest mean score.

Significant positive correlations were observed between healthcare workers’ communicative competence and maternal well-being, as well as between prenatal care compliance and maternal well-being. Regression analysis indicated that culturally sensitive communication and consistent micronutrient supplementation significantly predicted psychological well-being.

These findings reinforce the importance of communication quality in maternal healthcare. Culturally responsive and respectful interactions enhance emotional security, trust, and psychological resilience among mothers. The results are consistent with established nursing theories emphasizing caring relationships and effective provider–patient communication as fundamental to positive health outcomes.

IV. CONCLUSION

Healthcare workers’ communicative competence and mothers’ compliance with prenatal care significantly influence maternal well-being. Specifically, culturally sensitive communication and adherence to micronutrient supplementation were found to be key predictors of psychological well-being. Strengthening communication skills training for healthcare workers and supporting consistent prenatal care practices are essential strategies for improving maternal health outcomes.

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