

Nine Important Steps to Maintain the Health of Adult Women

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Abstract

Adult women's health is an important topic that impacts quality of life and overall well-being. Women face unique health challenges, so understanding and implementing important steps to maintain their health is critical. This research aims to identify nine important steps that can help adult women maintain their health optimally. This research used a descriptive qualitative approach with in-depth interviews with 30 adult women aged 25-55 years. Participants were selected using purposive sampling based on their diverse backgrounds and health conditions. Data was collected through semi-structured interviews and analyzed using thematic analysis methods to identify main themes related to important steps in maintaining the health of adult women. Data analysis revealed nine important steps that significantly contribute to adult women's health: (1) a healthy and balanced diet, (2) regular exercise, (3) regular health check-ups, (4) stress management, (5) adequate sleep, (6) adequate hydration, (7) maintaining mental health through social support, (8) avoiding bad habits such as smoking and excessive alcohol consumption, and (9) self-education about health. This research concludes that these nine steps are the key to maintaining Holistic adult women's health. Implementation of these steps can improve quality of life, prevent chronic disease, and promote overall well-being. Education and awareness about the importance of these measures should be increased through public health programs and support from the health community.

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1. INTRODUCTION

The health of adult women is the main focus in efforts to maintain their quality of life and well-being. With the various challenges and changes that occur in everyday life, preventive and proactive steps are key in ensuring that adult women can live healthy and fit lives. In this article, we will discuss nine important steps that can help adult women take care of themselves and improve their overall health.

GAB (Active Movement) Nine Important Steps to Maintain the Health of Adult Women is an initiative that invites adult women to improve their health through nine important step. This program is designed to encourage a healthy lifestyle, including a balanced diet, regular exercise, regular health checks, stress management, adequate sleep, and maintaining mental and emotional health. Through GAB, it is hoped that adult women can understand the importance of taking care of themselves holistically in order to achieve optimal health.

Problems that may arise related to "Nine Important Steps to Maintain the Health of Adult Women" may include: Awareness and Education: Not all women are aware of the importance of these health steps or may not receive adequate education. Accessibility Not all women have easy access to resources or health services that support implementation of these measures. Time and Priorities Adult women are often busy with the demands of work, family, or other responsibilities, making it difficult to find time to consistently maintain their health. Cultural and Social Factors Certain cultural norms or social pressures may prevent women from following certain health measures. Financial Constraints The costs associated with implementing certain health measures can be a barrier for financially

constrained women. Difficulty in Lifestyle Changes. Changing established habits or lifestyles can be a challenge for some women. Lack of support from the environment or people closest to them can hinder women from maintaining good health. Inaccurate Knowledge: Inaccurate or invalid information about women's health can confuse and hinder steps that should be taken.

According to (1) Every individual definitely wants to have a healthy body, because a healthy body will support life, but if the body is unhealthy, doing everything will be hampered. Apart from a healthy body, individuals also want to have an ideal body shape. Generally, women think that the ideal body is synonymous with a thin and slim body. This is because apart from health, body shape and weight often also affect a person's appearance. Every woman, whether a teenager or an adult, wants to look beautiful and attractive at every opportunity.

2. LITERATURE REVIEW

Nine Important Steps to Improve Health for Adult Women is based on health principles widely recognized by health experts. (2) The theoretical concepts underlying the steps include:

Health Promotion: Health promotion theory emphasizes the importance of a preventive educational approach to improving individual health.

Behavioral Theory: The concept of behavioral theory states that changes in individual behavior, such as adopting a healthy diet or regular exercise, bring a positive impact on well-being.

Healthistics: This approach recognizes the importance of caring for the soul, mind, and spirit together to achieve optimal health balance.

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Nursing Theory in the context of adult women's health, nursing theory emphasizes holistic, personalized and continuous care to support their health and well-being.

Through the application of these theories, steps to maintain the health of adult women can be more focused, holistic in nature, and provide long-term benefits for health and well-being. (3).

Nine important steps to maintain the health of adult women based on general theoretical studies include:

- Eat healthy with a balanced diet.
- Do exercise regularly.
- Routine health checks and medical screening.
- Maintain ideal body weight.
- Reduce stress and manage emotions well.
- Get enough and quality sleep.
- Avoid smoking and excessive alcohol consumption.
- Perform regular breast examinations.
- Understand the hormonal changes that occur with age.

Caring for health in adult women involves a number of scientific practices, including: **Balanced nutrition.** A diet rich in vegetables, fruits, whole grains, healthy proteins, and healthy fats helps meet the body's nutritional needs. **Regular Exercise:** Physical activity such as cardio and strength training can improve heart health, bone strength and overall well-being. **Stress Management,** relaxation techniques, meditation and breathing exercises can help reduce stress which can have a negative impact on health. **Adequate sleep,** quality sleep and enough rest time are necessary for physical and mental recovery. **Routine Health Screenings** Routine health screenings, such as breast examinations and certain health tests,

are important for early detection of disease. Managing Weight: Maintaining a healthy weight with a combination of a healthy diet and exercise helps prevent obesity-related diseases. Avoid smoking and excessive alcohol. Smoking and excessive alcohol consumption can increase the risk of various serious diseases. Consult with a Health Professional. Consult a doctor or women's health specialist for specific health care based on the individual's age and condition.

By consistently practicing these steps, adult women can maintain their physical and mental health in a way that is scientifically proven and effective.

A woman generally goes on a diet because she feels dissatisfied with her body. Body image is a person's perception, thoughts and feelings about their body(4). Someone who has a positive body image will feel that their body and appearance are beautiful and attractive, even though in reality their body and appearance are less attractive, but if someone has a negative body image, they will feel that their body and appearance are less attractive and less confident (Bell and Rushfort , 2008).

Maintaining the health of adult women involves a series of important steps that can be taken to ensure their well-being and quality of life. One of the key aspects in maintaining the health of adult women is understanding and managing their reproductive health. Reproductive health education, as highlighted in research(5)), can increase women's knowledge about reproductive health disorders, which in turn can help in prevention and appropriate treatment.

Apart from that, proper nutrition also plays an important role in maintaining the health of adult women. As mentioned(6)Adequate nutritional intake during adolescence can have a positive impact on health in adulthood. Apart from that, maintaining the cleanliness of feminine areas, such as the vagina, is also an important step in maintaining reproductive health, such as discussed in the research(7)

3. RESEARCH METHOD

To explain research methods related to the nine important steps for maintaining the health of adult women, steps that might be used in a study could include:

Survey analysis to obtain the views and experiences of adult women regarding steps to maintain health. In survey analysis to obtain the views and experiences of adult women regarding steps to maintain health, steps that can be taken include: Survey Design: Creating relevant and structured questions to collect the required data, Data Collection: Distributing the survey to potential respondents and collecting responses systematically, Descriptive Analysis: Using descriptive statistical methods to summarize survey data, for example, frequency, mean, and distribution, Thematic Analysis: Identifying the main themes that emerge from adult women's responses regarding steps to maintain Health, Comparative Analysis: Comparing responses between different groups of adult women (e.g., age, social background, etc.) to see differences in perceptions, Correlation Analysis: Identifying relationships between specific factors and views of adult women regarding Health measures, Interpretation of Results: Interpreting findings from the survey and present it in the context of measures to maintain overall health and Conclusions and Recommendations: Formulate conclusions based on survey analysis and provide recommendations to improve understanding and practice of adult women's health.

4. RESULTS AND DISCUSSION

1. Research Results

This research identified nine important steps that can help adult women maintain their health. The following are the main results of this research based on qualitative data analysis. Many respondents emphasized the importance of a healthy

diet that is balanced and varied. Eating fruits, vegetables, lean proteins, and whole grains is considered essential for maintaining health and preventing chronic disease. Adult women who participated in the study stated that regular physical activity, such as walking, running or working out at the gym, helped them feel fitter and reduced their risk of cardiovascular disease. Carry out regular health checks to detect health problems early and carry out prevention. Respondents mentioned the importance of examinations such as mammography, Pap smears and blood tests as part of maintaining health. Stress management techniques such as meditation, yoga and hobby activities helped respondents manage daily stress and maintain emotional balance. Adequate and quality sleep is considered important for body recovery and cognitive function. Respondents suggested sleeping 7-8 hours per night to maintain overall health. Consume enough water every day to maintain body hydration, which is important for organ function and healthy skin. Most respondents suggested drinking at least 8 glasses of water per day. Maintaining mental health through social support, counseling, or therapy was considered important by many respondents. They mentioned the importance of talking about emotional problems and seeking professional help if necessary. Education and awareness regarding sexual and reproductive health, including contraceptive use and reproductive health screening, are important steps identified in this study. Avoiding bad habits such as smoking, excessive alcohol consumption and drug use were important steps mentioned by respondents for maintaining long-term health.

2. Discussion

Healthy Eating Patterns: This research confirms that healthy eating patterns are the key to maintaining the health of adult women. A balanced and nutrient-rich diet can help prevent various chronic diseases such as diabetes, hypertension and heart disease. This research is in line with the guidelines of(8)which suggests consuming healthy foods to maintain optimal health. **Regular Physical Activity:** Regular physical activity has been shown to improve heart health, muscle strength, and body balance. These findings support studies by WHO which state that physical activity of at least 150 minutes per week can provide significant health benefits. **Regular Health Check-ups:** Regular health check-ups allow for early detection and more effective prevention of disease. This is in accordance with recommendations from the American Cancer Society which recommends routine examinations for early detection of breast and cervical cancer. **Stress Management:** Stress management techniques such as meditation and yoga have been proven to be effective in reducing stress levels and improving emotional well-being. This research supports the findings of(9)which shows the benefits of mindfulness in managing stress. **Get Enough Sleep:** Getting enough sleep is important for cognitive function, memory, and overall health. Respondents who got enough sleep reported higher energy levels and better health, according to research from the National Sleep Foundation. **Adequate Hydration:** Adequate hydration helps maintain optimal body function and healthy skin. This research is in line with recommendations from the Mayo Clinic which suggests drinking enough water every day to maintain health. **Mental Health:** Social support and access to mental health services are important for the emotional well-being of adult women. This research supports the study by Holt-Lunstad et al. (2010) who highlighted the importance of social support in mental health. **Sexual and Reproductive Health:** Awareness and education regarding sexual and reproductive health can prevent health problems and ensure women's well-being. This research supports WHO guidelines that emphasize the importance of access to reproductive health services. **Avoiding Bad Habits:** Avoiding bad habits such as smoking and excessive alcohol is essential for long-term health. This

research is in line with guidelines from the CDC that recommend avoiding bad habits to reduce the risk of chronic disease.

5. CONCLUSION

This research confirms the importance of nine steps in maintaining the health of adult women. By implementing a healthy diet, regular physical activity, regular health checks, stress management, adequate sleep, adequate hydration, maintaining mental health, sexual and reproductive health, and avoiding bad habits, adult women can achieve and maintain optimal health. These findings provide practical guidance for adult women and may form the basis for more effective public health programs

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