



RESEARCH ARTICLE

A STUDY TO ASSESS THE KNOWLEDGE OF MOTHERS REGARDING TOILET TRAINING AMONG TODDLERS IN SELECTED AREAS OF MYSURU

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ABSTRACT

Acquisition of bowel and bladder control is one of the milestones of child development and one of the major challenges that a child will have to face, since in addition to requiring physical control of bowel and bladder sphincters, it is also necessary to adapt to the social and cultural values of the environment in which the child is living. The study aimed to find out the knowledge of mothers regarding toilet training. In this study descriptive study approaches was used. Non probability convenience sampling technique was adopted to select 60 mothers between the age group of 21-40 years in selected area of Mysore. Self administered questionnaires was adopted to collect the data. The data were collected and analyzed using descriptive and inferential statistics. The result revealed that maximum number of mothers 34 (56.6%) have average knowledge. 15 (25%) have good knowledge regarding the toilet training. Chi-square value as computed to find the association between the level of knowledge and the selected personal variable. It was concluded that majority of mothers have average knowledge regarding toilet training. So there should be provision for more health education programmes regarding toilet training to the mothers to increase the awareness regarding toilet training and to decrease the problems while giving toilet training to the toddlers.

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INTRODUCTION

Toilet training is a developmental task that impacts families with small children. All healthy children are toilet trained and most complete the task without medical intervention. Many parents are unsure about when and what is the best way to start toilet training or potty training. Not all kids are ready at the same age, so it is important to watch the child for signs of readiness, such as stopping an activity for a few seconds or clutching his or her diaper. Complex muscular physiology regulates bladder and bowel function. Because the infant central nervous system is not completely developed, the bladder empties involuntarily as a result of spinal reflexes approximately 20 times a day. As children develop, they gain the ability to recognize that their bladder is full and retain urine until it is appropriate to void. Achieving control of the body function of defecation and urination is one of the major tasks of the toddler period. Relative importance of this achievement depend on the culture and the socioeconomic status of the child family Toilet control over defecation and urination are two personal phases of toddler learning closely revealed to their

sensory and motor control. Toilet training is often taken for granted because it appears to occur so readily in such a large majority of children. It would be easy to hypothesize some internal mechanism which, if triggered at the right point in time, results in the initiation of a preprogrammed process that terminates with the child being trained. Variations across cultures regarding the age at which children are trained, the multitude of training procedures used by parents, and the variety of problems encountered during toilet training suggest that such is not the case. The American Academic of Paediatric (AAP) guidelines strongly suggest a child-oriented approach to toilet training and that parents do not pursue toilet training until the child is behaviorally, developmentally, and emotionally ready to begin. The guidelines recommend that parents and pediatricians discuss toilet training methods and expectations at the child's 12- to 18-month visits. At the 2-year visit, the pediatrician is able to assess the readiness of the child and parents. Parents have an important role in the toilet training of the children. Toilet training is mainly the work of parents. They have many responsibilities in toilet training their child such as identifies the readiness of the toddler, provision of potty, establishing a regular pattern of toilet training, reacting in a calm and quiet way if the child has an accident and finally should be knowledgeable about different steps of toilet training. Fathers and mothers are the primary care givers

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of the children. So they have an important role in toilet training. But studies reveal that they have only a little knowledge about the toilet training aspects of their children. A child learns to use toilet is one of the pivotal milestone of development, it is necessary to adapt to the social and cultural values of the environment. A healthy bladder and bowel movement habit are important for healthy functioning of the body. Late toilet training may lead to dysfunctional elimination. Toilet training should start only after the child must be both physically and emotionally ready for toilet training. According to psychosexual theory by Sigmund Freud the correct time to start toilet training is toddler period especially 18-24 months. Toilet training usually becomes a long and frustrating process if we try to start it before the child is ready. These studies and observation of practice of parents makes the investigator understands the fact that it is important to check the parents knowledge and give them health education for proper toilet training of the toddlers.keeping these aspects in mind the investigators felt the need to assess the knowledge on toilet training among the mothers based on which educational program can be organized which will help the parents to instruct toilet training in better way.

MATERIALS AND METHODS

Objective

1. To assess the knowledge of mothers regarding toilet training among toddler in selected areas of Mysuru.
2. To find the association between the level of knowledge of mothers regarding toilet training among toddler and their selected personal variables.

Hypothesis

H₁, There will be significant association between the level of knowledge of mothers regarding toilet training and their selected personal variables.

Methodology

Based on the nature of the problem and the objective of the study a descriptive survey approach was selected for the study. The research variables of the study are knowledge regarding toilet training and the personal variables of the study are age, religion, occupation, type of family, numbers of children, education, income and source of information about toilet training. Population in the present study comprises mothers of toddler in Chikkalli Mysuru. (District). Sixty mothers of toddlers who met the inclusion criteria were selected as samples for the study using non probability convenience sampling technique. The data collection instruments consists of **Section – A**: It includes demographic variables like age, gender, religion, type of family, education, experience, monthly income and source of information and **Section – B**: The structured knowledge questionnaire. The reliability of the tool was established by split half method. The tool was administered to 30 Mothers of toddler in Bamboo Bazaar in Mysuru. The reliability coefficient 'r' was found to be 0.8. Pilot study was conducted on 26-07-2016 after taking permission from the administrative authorities. A total of 5 mothers were selected. Participants were explained about the purpose of the study and written consent was obtained. Each participant took around 25-30 minutes to complete the questionnaire and the study was found to be feasible.

Permission for conducting the study was obtained from the DHO of Mysore. Data were collected from 11 - 07-16. Samples were selected as per sampling criteria. To obtain a free and true response, the subjects were explained about the purpose and usefulness of the study and assurance about the confidentiality of their responses was also provided. An informed consent was obtained from each subject to indicate their willingness to participate into study. Approximately 25-30 minutes were taken by each participant to complete the questionnaires.

RESULTS

Description of selected personal variables mothers

Table 1. Frequency and percentage distribution of mothers of toddler according to their selected personal variables. n=60

S. No.	Sample characteristics	F	%
1	Age		
1.1	20-30	45	75
1.2	31-40	15	25
2	Religion		
2.1	Hindu	56	93
2.2	Muslim	3	5
2.3	Others	1	2
3	Occupation		
3.1	House wife	40	66.66
3.2	Cooley	13	21.66
3.3	Others	7	11.66
4	Monthly family income		
4.1	Below 5000	35	58.3
4.2	5000-10000	10	16.66
4.3	Above 10000	15	25
5	Numbers of children		
5.1	One	50	83.3
5.2	Two or more	10	16.66
6	Educational status		
6.1	Primary	28	46.66
6.2	High school	20	33.33
6.3	PUC & above	12	20
7	Types of family		
7.1	Nuclear	42	70
7.2	Joint family	18	30
8	Previous knowledge		
8.1	Yes	28	46.66
8.2	No	32	53.33

The data presented in Table I reveals that majority of the samples belong to the age group of 20- 30 years, majority belongs to Hindu religion, majority of the mothers were housewives. The data also reveals that for 58% of mothers the monthly family income was below Rs.5, 000 and 50% of the mothers had only one child.

Level of knowledge of mothers regarding toilet training

Table-2

The mean, median, standard deviation, range of knowledge scores of mothers regarding toilet training n=60

Knowledge	Mean	Median	Range	SD
Toddlers mothers	10.86	8.5	05-14	3.14

The data presented in table-2 shows that, the knowledge scores of mothers ranged from 5-14. The mean knowledge score is 10.86, median 8.5 with a standard deviation of 3.14.

Table-3. Frequency and percentage distribution of knowledge scores of mothers regarding toilet training. n=60

Level of knowledge	Frequency	Percentage
Poor	11	18.33%
Average	34	56.6%
Good	15	25%

It is evident from Table 3 that majority mothers of 34 (56.6%) are having average knowledge and 11 (18.33%) having poor knowledge regarding toilet training.

DISCUSSION

It was found that 34(56.6%) of mothers have average knowledge regarding toilet training. This findings were consistent with other study findings which revealed that mothers have poor knowledge regarding toilet training. (Marlow R. Donothly and Barbasa, 2005) The knowledge scores of mothers of toddlers ranged from 5-14. The mean knowledge score is 10.86, median 8.5 with a standard deviation of 3.14.No literature could be retrieved to support the present study. Chi-square value as computed to find the association between the

Table 5. Chi – square value of level of knowledge of mothers regarding toilet training with their selected personal variables n=60

Selected personal variable	Knowledge score	Poor	Good	Chi-square	DF
1 Age in year					
1.1 20-30	25	20		0.02	1
1.2 30-40	8	7			
2 Religion					
2.1 Hindu	30	26		0.09	1
2.2 Others	3	1			
3 Educational status					
3.1 Primary	20	8		0.09	1
3.2 High school And above	5	22			
4 Occupation					
4.1 House wife	25	15		6.075*	1
4.2 Others	5	15			
5 Income					
Upto 5000	42	13		2.39	1
Above 5000	4	1			
6 Number of children					
6.1 One	22	5		0.23	1
6.2 Two or more	23	09			
7 Types of family					
7.1 Nuclear	28	22		0.1	1
7.2 Joint	5	5			
8 Previous knowledge					
8.1 Yes	1	4		0.65	1
8.2 No	29	26			

$\chi^2(1)=34.4$ P<0.05, *=significant

Findings related to association of level of knowledge of mothers of regarding toilet training and their Personal variables

To test the statistical significance the following null hypothesis was stated.

H₀₁: There will be no significant association between level of knowledge of mothers of toddlers regarding toilet training and their related personal variables.

It is evident from the table 5 that only occupation has significant association with level of knowledge at 0.05 level of significance and other personal variable via---age, educational status, occupation, religion, number of children, family income, types of family and previous information regarding toilet training were not having significant association with knowledge scores of mothers of toddlers regarding toilet training. Hence the hypothesis is partially accepted inferring that occupation influences the knowledge of mothers regarding toilet training.

level of knowledge and the selected personal variables. There was significant association found between knowledge and occupation of mothers. No studies could be retrieved to support the present study findings.

Conclusion

The present study aimed to assess the knowledge of the mother regarding toilet training is selected area in Mysuru. Data was collected from 60 married mothers of toddler from selected area in Mysore.Collected data was analyzed by using descriptive and inferential statistics and presented in the form of tables and graphs.Mean, median, standard deviation were used to compare the mean knowledge of mothers regarding toilet training. The mean knowledge score of mothers is 10.86.the result also revealed that majority of the mothers 34(56.6%) have average knowledge regarding toilet training.Chi-square was computed to find out the association between knowledge of mothers and their selected personal variables. There is a significant association found between knowledge and occupation. There was no significant

association found between knowledge and age, education, family income, occupation, previous knowledge and sources of information.

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