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## RESEARCH ARTICLE

### A STUDY TO ASSESS THE KNOWLEDGE AND PRACTICE REGARDING TOILET TRAINING AMONG MOTHERS OF TODDLER (1-3 YEARS) AT SELECTED RURAL AREA OF DISTRICT LUDHIANA

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#### ABSTRACT

**Introduction:** A child to use toilet is one of the pivotal milestones of development, it is necessary to adapt to the social and cultural value of the society. 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 of Sigmund Freud the correct time to start toilet training is toddler period especially 18-24 months. **Aim:** To assess the knowledge and practice of mothers regarding toilet training and to prepare guidelines to enhance the knowledge and to improve their practice for toilet training among toddlers. **Material and Method:** Descriptive study with non-experimental research design. The sample of 100 mothers was selected by using simple random sampling technique. Self structured questionnaire and check- list were used to collect the data from mothers of toddlers. **Results:** The data was analyzed by using descriptive and inferential statistics in terms of mean, SD, 't' ANOVA and Percentage. The finding of study revealed that majority of mothers i.e 64% had average level of knowledge but showed adequate level of practice i.e 73% regarding toilet training among mothers. **Conclusion:** hence it was concluded that majority of mothers had average knowledge and their practice level is adequate regarding toilet training in toddler.

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## INTRODUCTION

Toilet training is the process of teaching toddlers to control the bowel and bladder and use the bathroom for defecation and urination. It is one of the first steps for children take to become self- sufficient. Learning bladder and bowel control based on the two processes, training by the parents, who teach them where and how to urinate and pass stools and learning by the child to recognize their body's signals on how to control, release and retention by sphincters. A child to use toilet is one of the pivotal milestones of development, it is necessary to adapt to the social and cultural values of the society. A healthy bladder and bowel movement habit are the important for the healthy functioning of body. Late toilet training may lead to dysfunctional elimination. Toilet training usually become a long and frustrating process if mother tries to start before the child is not ready. The actual age of readiness for toilet training is determined on evidence of child's physiological, psychological and intellectual level of maturity. According to psychosexual of Sigmund Freud the correct time to start toilet training is toddler period especially 18-24 months.

Number of factors that affect the toilet training include sex, age of initiation, culture, race, physical or mental health handicaps, previous toilet training attempts, stressful events in child's life, separation of parents and child's temperament, UTI, parent's and child's temperament etc. Appropriate approach by mother towards toilet training, relaxed parental behavior without undue anxiety and healthy parent child relationship are essential for successful toilet training. Mother must possess adequate knowledge about different aspect of toilet training that includes age for toilet training, indication of toddler's readiness, its process and problem of toilet training. A study conducted in Bangalore city to assess the knowledge and practice of mothers regarding toilet training among toddler showed that out of 60 mothers, only 57.3% had adequate knowledge and 52.2% mothers were giving toilet training to their children.

#### Objectives

- To assess the knowledge and practice of mothers regarding toilet training
- To determine the co-relation between knowledge and practice of mothers regarding toilet training.

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## MATERIALS AND METHODS

A descriptive study was conducted to assess the knowledge and practice regarding toilet training among mothers of toddlers (1-3 years) in selected rural area of Ludhiana, Punjab in May 2016. The non experimental approach was adopted with descriptive research design. Total of 100 mothers selected with simple random sampling for data collection. Tool consisted of self structured questionnaire to assess the knowledge and self structured checklist to assess the practice of mothers regarding toilet training. Questionnaire consisted of 30 MCQs to assess knowledge of mothers. There was score one for every correct answer and 0 for incorrect answer. Maximum score for questionnaire was 30 and minimum was 0. On the basis of score criterion measure made was: good > 19, average 10-18, poor <9. Secondly checklist was used to assess the practice of mothers regarding toilet training. Checklist consist total 16 statements. Maximum score was 16 and minimum was 0. On the basis of score the criterion made was: adequate practice ( $\geq 8$ ) and inadequate practice ( $\leq 8$ ). The study was conducted in Sahauli village of Ludhiana district.. Data was analyzed by using descriptive and inferential statistics.

## RESULTS

### Section 1: Assessment of knowledge regarding toilet training:



Fig.1. Percentage distribution of mothers according to level of knowledge

Fig.1: depicts that 64% of mothers had average knowledge, 27% had good and only 9% of mothers had poor knowledge regarding toilet training.

### Section 2: Assessment of practice regarding toilet training

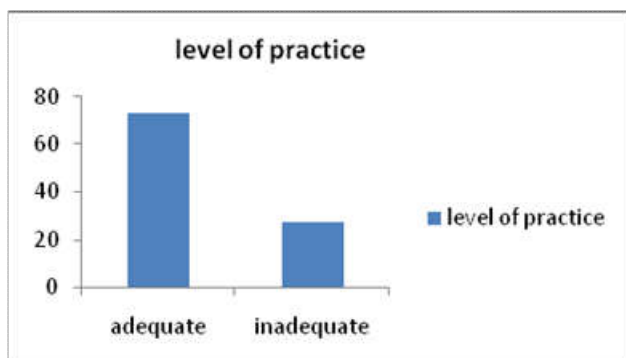


Fig. 2. Shows 73% of mothers had adequate practice and 27% had inadequate practice towards toilet training

Table 1. Correlation between the knowledge and practice score

Aspects	Mean	SD	r
Knowledge	15.3	2.23	0.51
practice	12.5	1.28	

### Section 3: Co-relation between knowledge and practice regarding toilet training.

Table 1: depicts that the co-relation between knowledge and practice regarding toilet training with the mean knowledge score 15.3 followed by practice score 12.5 respectively. The co-relation was  $r=0.51$ . The co-relation between knowledge and practice was found positive, it revealed that the mothers of toddlers who had more knowledge had adequate practice.

## DISCUSSION

Finding of the present study revealed that more than half 64% of mothers had average knowledge, 27% had good knowledge and very few i.e 9% had poor knowledge regarding toilet training. In case of practice, 73% of mothers had adequate practice and 27% had inadequate practice towards toilet training. The correlation between knowledge and practice regarding toilet training  $r= 0.51$  was found positive. The knowledge score had statistical significant relationship with age of mother, education of mother, number of children, occupation of mother and family income ( at  $p<0.05$ ). There was statistical significant relationship between practice and age of toddler ( $p<0.05$  level). These findings were consistent with Mallappa A, Kumar Santosh, C.M Lingaraju<sup>6</sup>. The study was conducted among mothers of early childhood of Karnataka. The study showed that 17% had adequate knowledge, 68% had moderately adequate knowledge and only 15% had inadequate knowledge regarding toilet training. In case of practice, 63% of mothers had good practice, 26% had better and 11% had poor practice regarding toilet training among mothers of toddlers.

### Conclusion

Based on the study it was seen that more than half 64% of mothers had average knowledge, 27% had good knowledge and very few i.e 9% had poor knowledge regarding toilet training. In case of practice, 73% of mothers had adequate practice and 27% had inadequate practice towards toilet training. The correlation between knowledge and practice regarding toilet training was found positive.

### Recommendation

- Study can be replicated on a larger population drawn from different areas of Punjab.
- Similar study can be done to assess the knowledge of nursing students regarding toilet training.

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Conflict of interest: Nil

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