

A Study to Assess the Knowledge and Practice Regarding Toilet Training among Mothers of Preschool Children in Selected Urban Area at Jaipur

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Abstract

Introduction: Toilet training is a developmental task that impacts families with small children. It is the magical time of childhood. It is a different exciting and interesting period of life.

Materials & Methods: The research approach adopted for the study was non experimental research approach. The research design adopted for the study was descriptive research design. The data was collected through the tool which is prepared by the investigator. The sample consists of the 60 mothers of preschool children. The tool was validated by 10 nursing experts for establishing the content validity. The internal consistency of the tool was assessed by Cronbach's alpha, r – value is obtained in knowledge 0.8623 and in practices 0.8920. hence the found was highly reliable.

Results: The result showed that the mean knowledge of respondents as 55.00 percent. The aspect wise mean knowledge noticed between 49.15 to 57.66 percent among the respondents. The highest mean knowledge (57.66%) found in the aspect of steps of toilet training followed by common concerns (56.67%). The mean practice found to be 54.22 percent among the respondents. The range of 50.50 to 56.89 percent observed among the respondents with different practice aspects of steps of toilet training compared to 56.99 percent noticed in common concerns 50.66 percent aspects. The results showed that there is significant association between knowledge and practice of mothers of preschool children regarding toilet training and demographic variables- age, religion, education, occupation, number of children, family types, income of family, and source of information.

Conclusions: The overall mean knowledge score of respondents found to be 55.0 percent and SD as 3.559 percent among the respondents on toilet training. Further the overall mean practice score of respondents noticed with 54.22 percent and SD 3.502 percent among the respondents on toilet training.

Keywords: Structured questionnaire, Knowledge, Practice.

Introduction

All the stages in human life are exposed to challenges, difficulties and success as a gain. One such stage is the toddler period.

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 or care giver play a key role in normal behavioral pattern on toilet training. The ways in which the parents on care giver approach the process of toilet training are more important than the actual procedure itself. Their relaxed and positive attitude and behavior can influence the way child feel about themselves and others.⁶ The correct knowledge and awareness among parents or caregiver is very essential for the success of the child. Sometimes they may have either inadequate or inappropriate knowledge regarding initiation, readiness process and hazards of toilet training. For the total success in each child parents should be aware of proper guidelines. To avoid hazards and to learn normal behavioral pattern, at primary level health professionals especially nurses can provide the perspective needed to help children, parent and care givers, so as to build healthier life and personality

Objectives of the study

1. To assess the knowledge of mother regarding the toilet training.
2. To assess the practices of mother regarding toilet training.
3. To find out the association between the selected demographical variable and knowledge scores of mother regarding toilet training among preschool children.
4. To find out the association between the selected demographical variable and practices scores of mother regarding toilet training among preschool children.

Materials & Methods:

Research design: The research design selected in the study is descriptive design to measure the knowledge and practice of preschool mothers regarding toilet training.

Sample In the study, the sample consisted of sixty

mothers having preschool children belonging to the selected urban area of Jaipur.

Sample size: 60

Sampling techniques: Convenience sampling technique was used to select the subjects.

Variables under the Study: Variables are qualities, properties or characteristics of persons, things or situation that change or vary. Variables in the study are knowledge and practice of preschool mother regarding toilet training in urban area. The Demographic variables included are age, religion, education, occupation family monthly income, type of family, number of children, and source of information

Description of the tools: The tool consisted of structured questionnaire. The structured questionnaire consisted of three sections.

Section I: Demographic data, which contained age, religion, education, family monthly income, type of family, number of children, sources of information regarding toilet training.

Section II: Structured questionnaire on assessment of knowledge related to toilet training, consisting of fifteen items, which were divided into three aspects. There are four items on introduction, six items on common concern, and five items on steps of toilet training.

Section III: Structured questionnaire on assessment of practice of toilet training consisting of fifteen item that were divided into three aspects, two items on introduction, five items on common concern, and eight items on steps of toilet training.

Reliability of the Tool

Reliability of research instrument is defined as the degree of consistency or dependability with which a instrument measures an attributes. The reliability of the final tool was established by testing the internal consistency using Cronbach's alpha formula. The internal consistency of the tool was assessed by Cronbach's alpha, r – value is obtained in knowledge 0.8623 and in practices 0.8920. hence the found was highly reliable.

Results

Collected data were reorganized, tabulated and analyzed by using the frequent distribution, Descriptive statistics (mean, SD, and mean score percentage and inferential statistics (paired t-test Chi-square) which was done on the basis of the objective of the study to find out association between these selected demographic data of mothers of pre school children with their selected demographic variables.

Section I:

Table 01: Description of the Demographic Variable of preschooler's mother.

Characteristics	Category	Respondents	
		Number	Percent
Age (years)	20 – 25	22	36.67
	26 – 30	28	46.67
	31 – 35	08	13.33
	Above – 35	02	3.33
Education Level	Illiterate	01	1.67
	Secondary	19	31.67
	High Sec.	18	30
	Graduation & P.G.	22	36.66
Religion	Hindu	38	63.33
	Christian	07	11.67
	Muslim	12	20
	Other	03	05
Family types	Nuclear	38	63.33
	Joint	16	26.67
	Extended	06	10
Occupation of mothers	Self employee	08	13.33
	Professional	09	15
	Housewife	40	66.67
	Others	03	5
Income of family	>10000	07	11.67
	10001 – 15000	14	23.33
	15001 – 20000	16	26.67
	Above 20000	23	38.33
No. of children	One	22	36.67
	Two	28	46.67
	Three	07	11.67
	Above three	03	5
Source of information	Family member / Relatives	31	51.67
	Health worker	16	26.67
	Mass Media	12	20
	Other	01	1.66

Section II:

Table 02:(a)Analysis of association between knowledge and practice and demographic variables or toilet training

Table :- Chi square test to find out association between knowledge score and practice score and selected demographic variables:-

S.NO.	Demographic variables	Knowledge		Practice	
		X ²	P Value	X ²	P Value
1.	Age in year	9.33	Non Significant	10.42	Non Significant
2	Religions	5.65	Non Significant	7.82	Non Significant
3	Educational level	11.41	Non Significant	10.66	Non Significant
4	Number of children	18.29	Significant	9.98	Non Significant
5	Occupation Of mother	9.58	Non Significant	4.41	Non Significant
6	Types of family	14.8	Significant	7.51	Non Significant
7	Income of family	5.56	Non Significant	9.52	Non Significant
8.	Source of information	9.99	Non Significant	16.11	Significant

Among 8 demographic variables under study to know the association with knowledge of respondents on toilet training, it was noticed that two variables i.e., number of children and types of family found to be statistically significant at 5 percent level ($P < 0.05$) and remaining variable are non – significant.

Eight demographic characteristics under consideration to measure the association with practice level, it can be seen from the result that only one source of information demographic variable found to be significant at 5 percent level ($P < 0.05$) and the remaining variables found non - significant.

(b)Assesment of knowledge and practice of mother of preschooler regarding toilet training by the Structured questionnaire.

Table 3:- frequency and percentage distribution of knowledge and practice regarding toilet training among mothers of preschool children

Category	Respondents classification			
	Knowledge		Practice	
	Number	Percent	Number	Percent
Poor	09	15.0	08	13.33
Adequate	38	63.33	37	61.67
Good	13	21.67	15	25.0
Combined	60	100.0	60	100.0

Table indicates the classification of respondents by knowledge and practice level on toilet training. The result shows that 15.0 percent of the respondents possess with poor knowledge as compared to 63.33 percent and 21.67 percent of respondents noticed

with adequate and good knowledge.

Regarding practice 13.33 percent of respondents found to be poor practice as against 61.67 percent and 25.0 percent possessed with adequate and good practice.

Section III:

Assessment of knowledge and practice scores of mother of preschooler regarding toilet training by the Structured questionnaire.

Table4 :- Mean knowledge and practice score on toilet training of mothers of preschool children

Aspect	Max. Score	Mean Score	Respondents scores (%)	
			Mean	SD
Knowledge	15	08.25	55.00	3.559
Practice	15	08.13	54.22	3.502

The overall mean knowledge and practice score on toilet training of mothers shown in Table 27. The finding shows that the mean knowledge score of respondents found to be 55.00 percent and SD value as 3.559 percent. Further, the overall mean practice score of respondents found to be 54.22 percent and SD value as 3.502 percent. It can be concluded that the respondents had slightly higher knowledge as compared to practice aspect on toilet training of mothers.

Conclusions

The overall mean knowledge score of respondents found to be 55.0 percent and SD as 3.559 percent among the respondents on toilet training. Further the overall mean practice score of respondents noticed with 54.22 percent and SD 3.502 percent among the respondents on toilet training. Higher respondents (15.0%) found with poor knowledge compared to adequate knowledge (63.33%) and good knowledge (21.67%). Higher respondents (13.33%) found with poor knowledge compared to adequate knowledge (61.67%) and good knowledge (25.0%). There exists inadequate knowledge and practice among the respondents on toilet training.

Recommendations

- A comparative study can be carried out to find out the knowledge and practice of mothers on toilet training in urban and rural areas.
- Knowledge of health worker can be studied, as they are responsible for the PHC.
- Study can be conducted for the fathers separately as they are also responsible for the childcare as per the present trend.
- Mass media and health education programme should be arranged to educate mothers regarding toilet training.

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