



**“A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON LEVELS OF KNOWLEDGE REGARDING POTTY TRAINING (TOILET TRAINING) AMONG THE MOTHERS OF TODDLERS AT RESIDING AT MEDAVAKKAM RURAL AREA CHENNAI.”**

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**ABSTRACT**

The researcher has been selected study because even today the mothers are not aware of the importance of toilet training and consequently leads to behavioural disorders. Hence, the researcher felt to identify the learning needs of mothers and to educate them regarding toilet training by introducing structured teaching programme and promoting the psycho behavioral health of toddlers which in turn reduces the behavioural disorders and regulation of bowel and bladder pattern among toddler children.

**KEYWORDS :** Toilet training, behavioural disorders, day dryness, Toddlers.

**INTRODUCTION:**

Toilet training is the process of teaching young children to control of bladder and bowel movements and to use the toilet. It is one of the first step that children take to become self-sufficient. Learning bladder and bowel control is based on the two process, training by the parents, who teach the child where and how to urinate and pass stools and learning by the child to recognize their body signals on how to control release and retain by sphincters. Each child exhibits an individual rhythm of development. Hence toilet training is a challenge for both mother and child.

What is the best way to train my child on toilet? This is a common question parents ask, and so as to guide families and health care workers with evidenced-based information, a systematic review was recently conducted on this topic<sup>1</sup>. While a meta-analysis would have been a more powerful study (prevented by heterogeneity of the included studies), practical information was still obtained by this first-ever systematic review on toilet training (TT). There is no right age to start training most healthy children have the skills needed to start between 18–24 months of age.

**OBJECTIVES:**

- To assess the pretest level of knowledge regarding potty training among the mothers of toddlers.
- To assess the post test level of knowledge regarding potty training among the mothers of toddlers.
- To evaluate the effectiveness of structured teaching Programme regarding potty training among the mothers of toddlers.
- To associate the post test level of knowledge regarding potty training and with selected demographic variables of mothers of toddlers.

**METHODOLOGY:**

**3.1 RESEARCH APPROACH**

Quantitative approach is adopted for the study.

**3.2 RESEARCH DESIGN**

The research design selected for the study was the pre experimental design (One group pre-test post-test design) to assess the effectiveness of structured teaching programme on toilet training among mothers of toddlers.

**3.3 STUDY SETTING**

Medavakkam Rural Area, Chennai.

**3.4 DURATION OF THE STUDY**

The study limited for 4 weeks

**3.5 STUDY POPULATION**

The Mothers who were having toddlers residing at Medavakkam rural area, Chennai.

**Target Population**

The Mothers who are having toddlers between the ages of one to three years of age.

**Accessible Population**

The Mothers who are having toddlers between the ages of 18 months to 36 months of age.

**3.6 SAMPLE SIZE**

Sample size comprises of 60 mothers of toddlers who met inclusion criteria, residing at Medavakkam rural area Chennai.

**3.7 CRITERIA FOR SAMPLE SELECTION:**

**3.7.1 Inclusion Criteria**

- The Mothers who
- Had the toddlers between 18–36 months
  - Who are available during data collection
  - Who can read and write Tamil.

**3.7.2 EXCLUSION CRITERIA**

- The Mothers who
- Not willing to participate in the study.
  - Mothers of toddlers age more than 36 months.

**3.8 SAMPLING TECHNIQUE**

Non probability convenient sampling technique.

**3.9 RESEARCH VARIABLES**

**Independent variables**

It refers to structured teaching programme on toilet training among mothers of toddlers

**Dependent variable**

It refers to Knowledge of the mothers regarding toilet training among their childrens.

**3.10 DEVELOPMENT AND DESCRIPTION OF DATA COLLECTION TOOL**

**Development of the Tool**

Appropriate semi structured questionnaire has been developed. After extensive review of literature and obtained experts opinion and content validity from Medical, Nursing, statistics department. Constructed tool, pretesting of tool was done during pilot study. Direct assessment of client was performed during data collection.

**Description of the Tool**

**Section -A**

It deals with demographic variables of the subject that includes age of the mother, educational status of the mother, occupational of the mother, monthly family income, religion, number of children's in the family, previous exposure to bowel training programme, care taker, age of the child, gender of the child, order of birth of the child.

**Section -B**

It consists of multiple choice questions which were prepared to assess the knowledge among mothers on toilet training.

**SCORE INTERPRETATION:**

The semi structured questionnaire was used to assess the knowledge among mothers on toilet training. It consists of 30 multiple choice questions.

**SCORING TECHNIQUE**

Section-A: Information on demographic data was collected from the samples. The samples were asked to select the option against the response.

Section-B: In the structured knowledge questionnaire to assess the knowledge of mothers regarding Potty Training (Toilet Training).It consist of 30 multiple choice questions. The answer were selected against each question. For each correct answer was given a score of one and for the wrong answer was given a score of zero. The total score is 30.

## RESULTS:

**Table-1: Comparison of Pre-Test and Post-Test Level of Knowledge Score**

Level of knowledge	Pre-test		Post-test		Generalized McNemar's test
	n	%	n	%	
Inadequate knowledge	54	90.0%	0	0.0%	2=56.27 P=0.001***(S)
Moderate knowledge	6	10.0%	13	21.7%	
Adequate knowledge	0	0.0%	47	78.3%	
Total	60	100.0%	60	100.0%	

\*significant at  $p < 0.05$  level

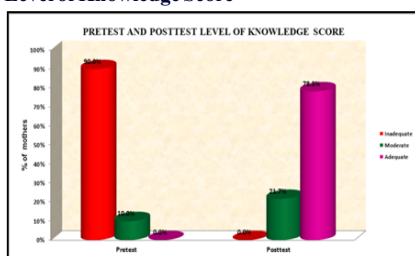
Table:1 shows the comparison of Pre-test and post-test level of knowledge score on toilet training among mothers.

Before Structured Teaching Programme, 90.0% of the mothers were having inadequate level of knowledge score, 10.0% of them having moderate level of knowledge score and none of them were having adequate level of knowledge score.

After Structured Teaching Programme, none of the mothers were having inadequate level of knowledge score, 21.7% of them having moderate level of knowledge score and 78.3% of them were having adequate level of knowledge score.

Level of knowledge gain of between Pre-test and Post-test were calculated using Generalised McNemar's chi square test.

**Fig 1: Percentage Distribution of Comparison of Pre-Test and Post-Test Level of Knowledge Score**



## IMPLICATION OF THE STUDY

Numerous implications can be drawn from the present study for practice which promotes and creates new dimension to nursing profession.

### 6.3.1 Nursing Practice

1) The nurse should educate the mothers of toddlers regarding toilet training as part of her health services, so the mothers can improve their child's personality, developmental milestones, health level through getting knowledge regarding definition age for toilet training, indication for readiness, process of toilet training, problems in toilet training complication of potty training.

### 6.3.2 Nursing Education

- 1) Health education should be given to the mothers of toddlers about toilet training.
- 2) Health teaching module is prepared by the researcher about toilet training for enhancing the students knowledge.
- 3) Student nurses should be motivated in participating and organizing teaching programme on various aspects whenever posted in clinical settings.

### 6.3.3 Nursing Administration

1) Nurse administrator can disseminate the research knowledge in to the pediatric nurses so that the mothers will be benefited.

### 6.3.4 Nursing Research

1) It is essential to indentify the present level of knowledge regarding toilet training among mother's of toddlers. It motivates others investigators to conduct further studies on same topics in various angles / place with larger sample size. It is essential to provide health communication to improve the knowledge about toilet training.

## LIMITATIONS

- 1) The researcher could not generalize the findings as the sample size is small
- 2) The disseminated knowledge may not be put into practice by the mother

## RECOMMENDATION

- 1) The same study can be carried out with larger number of sample.
- 2) It can be done as potty training vs behavioural problem.
- 3) It can be done as a toilet training practice observation study.

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