



# “A Study To Determine The Knowledge And Practice On Toilet Training Among Mothers Of Toddler In Selected Area At Urban Area Betul M.P.”

Prof. Virendra Sisodiya

Professor

Faculty of Nursing Bhabha University ,Bhopal M.P.

**Abstract :-** Toilet Training is teaching your child to recognize their body signals for urinating and having a bowel movement. It also means teaching your child to use a potty chair or toilet correctly and at the appropriate times. “A study to determine the knowledge and practice on toilet training among mothers of toddler in selected area at urban area Bhopal M.P.” The methodology for the study, the research approach, and design for the study, study setting, sample size, sampling technique of data collection, the pilot study and plan for analysis of the data. A descriptive approach was used in this study. Descriptive design is very explorative and it description the phenomenain real life situations. It provides accurate account of the characteristics of particular individuals, situations of groups. So, a research design adapted for this study is descriptive in nature.

The co-relation between knowledge and practice on toilet training was tested by Karl Pearson’s “r”. The outcome showed that there was a significant positive co-relation in knowledge and practice among mothers of toddler.

Among the mothers of toddler, 19% of the mothers had inadequate knowledge, 59% of mothers had moderately adequate knowledge and only 19% of the mothers having adequate knowledge on toilet training. Among the mothers of toddler, 32% of the mothers having good practice, 41% of mothers having average and 27% of the mothers having poor practice on toilet training. The computed ‘R’ value is +0.197.

## STATEMENT OF THE PROBLEM

“A study to determine the knowledge and practice on toilet training among mothers of toddler in selected area at urban area Betul M.P.”

**BACKGROUND:** Toilet Training is teaching your child to recognize their body signals for urinating and having a bowel movement. It also means teaching your child to use a potty chair or toilet correctly and at the appropriate times.

Toilet training, also known as potty training, is the process of teaching a child to use the toilet. The average age to start toilet training in the United States is between 2 and 3 years old, and most children are fully trained by age 4. Today’s society is complex and ever changing. Children are blooming

buds.

All the stages in human life are exposed to challenges, difficulties and success as a gain. One such stage is the toddler period. It is the magical time of childhood. It is a different exciting and interesting period of life. Fundamental learning process develop in the child as the child begins to seek autonomy explores the world. It learns how things mostly begin to tolerate, express desires and develop relationships.

As psychologist [Johnny L. Matson](#) observes, using the toilet can be a complex process to master, from the ability to recognize and control bodily functions, to the skills required to carry out proper hygiene practices, the requisite dexterity to dress and undress oneself, and the communication skills to inform others of the need to use the toilet. Usually around one year of age, a child will begin to recognize the need to evacuate, which might be observed through changes in behavior immediately prior to urination or defecation. Although they may recognize the need, children younger than 18 months may not yet be able to consciously control the muscles involved in elimination, and cannot yet begin toilet training. While they may use the toilet if placed there by a parent at an opportune time, this likely remains an involuntary, rather than a conscious process. This will gradually change over the course of many months or years, with nighttime bowel control usually the first to manifest, followed by daytime control, and nighttime bladder control normally last.

Most health professionals recommend toilet training a child between 2 and 3 years of age. However, the right time for your child depends on several factors, including:

### • Readiness

Children should be able to: Follow simple instructions, communicate their needs

Understand when their bodies are signaling it's time to use the toilet, Interest

Children should show an interest in using the toilet, imitating toilet use, and a desire to please parents

### Control

Children should demonstrate increasing bladder and bowel control, such as staying dry or clean through a nap or overnight

Some signs that a child is ready for toilet training include:

- Pretending to use the toilet, usually with clothes on
- Observing others using the toilet
- Awareness of the need to eliminate
- Discomfort with soiled diapers

The average age of toilet training is 27 months, but most children complete potty training by 36 months. Girls usually learn faster than boys, completing toilet training two to three months earlier.

## THE OBJECTIVES OF THE STUDY

1. To assess the level of knowledge on toilet training among mothers of toddler in selected area at Betul M.P
2. To assess the toilet training practice among mothers of toddler in selected area at Betul M.P
3. To relate the knowledge and practice of toilet training among mothers of toddler and its selected demographic variables.
4. To associate the knowledge on toilet training among mothers of toddler and its selected demographic variables.
5. To associate the practice on toilet training among mothers of toddler children and its selected demographic variables.

## HYPOTHESES

1. There will be a significant relationship between knowledge and practice on toilet training among mothers of toddler in selected urban area Betul M.P.”
2. There will be a significant association between knowledge of mothers of toddler on toilet training and its selected demographic variables.
3. There will be a significant association between practice of mothers of toddler on toilet training

and its selected demographic variables.

**RESEARCH METHODOLOGY:** The methodology for the study, the research approach, and design for the study, study setting, sample size, sampling technique of data collection, the pilot study and plan for analysis of the data.

**RESEARCH APPROACH:** A descriptive approach was used in this study.

**RESEARCH DESIGN:** Descriptive design is very explorative and it describes the phenomenon in real life situations. It provides accurate account of the characteristics of particular individuals, situations of groups. So, a research design adapted for this study is descriptive in nature.

## RESULT AND CONCLUSION:

### The Major Findings of the Study:

- Most (35%) of the mothers were belong to the age group of 21-25 years
- Majority (54%) of the mothers were Hindus.
- Majority (60%) of the mothers had High School Education
- Most (56%) of the mothers had two children
- Most (65%) of the mothers were living as nuclear families
- Majority (49%) of the child were second child.
- Most (40%) of the mothers were house wife.
- Most (56%) of the families income is below Rs.5000/- (Rupees Five Thousand) per month.
- Most (64%) of the mothers were got information on toilet training from Elders, Relatives of the family and Friends.
- The co-relation between knowledge and practice on toilet training was tested by Karl Pearson's "r". The outcome showed that there was a significant positive co-relation in knowledge and practice among mothers of toddler.

Among the mothers of toddler, 19% of the mothers had inadequate knowledge, 59% of mothers had moderately adequate knowledge and only 19% of the mothers having adequate knowledge on toilet training.

Among the mothers of toddler, 32% of the mothers having good practice, 41% of mothers having average and 27% of the mothers having poor practice on toilet training

The computed 'R' value is +0.197. The positive correlation was found between knowledge and practice. Hence it was interpreted that mother who had adequate knowledge, followed good practices.

### NURSING IMPLICATIONS:

The findings of the study have implication on the field of nursing education, nursing practice, nursing administration and nursing research.

### NURSING EDUCATION:

- Nurse educators should encourage student nurses to educate toilet training practices and insist the mothers to practice in home.

- Demonstration on toilet training must be included in paediatric procedure.
- The nursing curriculum should have in-depth content regarding sphincter control on toilet training.

### NURSING PRACTICE

- . Different AV aids can be used in imparting knowledge on toilet training to various categories of people.
- Nurse should act as a facilitator to educate mothers regarding toilet training.
- Misconceptions related to toilet training can be eliminated based on the findings to improve mother's knowledge and practice for better care of the child.

### CONCLUSION

The family is the central focus in the life of toddler children. The most important societal demand made on the child during this period is the control of elimination. There are many developmental tasks to be achieved during this period. Among them toilet training is the most important task to be attained by each child. In this study, mothers of toddler had inadequate knowledge and practice on toilet training. The correct knowledge and awareness among parents (or) caregiver is very essential for the success of the child. In order to improve their knowledge and practice of toilet training, educate the mothers about toilet training methods and Demonstration are to be encouraged between the individual and society through mass media (or) the awareness programme to lead a healthy life.

### REFERENCES:

1. <https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/potty-training/art-20045230>
2. <https://www.thepottyschool.com/post/choosing-the-right-path-a-comprehensive-guide-to-potty-training-in-2023>
3. <https://showmeschoolhealth.org/wp-content/uploads/2024/04/potty-training-parentlink-2024.pdf>
4. [https://en.wikipedia.org/wiki/Toilet\\_training](https://en.wikipedia.org/wiki/Toilet_training)
5. <https://www.healthychildren.org/English/ages-stages/toddler/toilet-training/Pages/default.aspx>
6. PARUL DATTA" Pediatric Nursing, Fourth Edition 2018, Japee Publication Page No.126.
7. WONG'S Essentials of Pediatric Nursing, 10th Edition Elsevier Publication Page No.458-545
8. Young K.T, Davis K, Schoen and Parker S. (1998); A national survey of parents with young child. Archives of Paediatric Adolescent Medicine; Vol.(152). Pp. 255-262
9. Zerlin, J. M Chen, E. Ritchey and Bloom (1993). Bladder Capacity: Relationship to Toilet Training Frequency of Maturation. Paediatric Radiology; Vol. (187). No. 3. Pp. 803-806
10. Toilet Learning (2006) : Anticipatory Guidance with a Child Oriented Approach. Paediatrics and Child Health Vol. (5). No. 6.Pp.335-340

**NURSING EDUCATION:**

- Nurse educators should encourage student nurses to educate toilet training practices and insist the mothers to practice in home.
- Demonstration on toilet training must be included in paediatric procedure.
- The nursing curriculum should have in depth content regarding sphincter control on toilet training.

**NURSING PRACTICE**

- . Different AV aids can be used in imparting knowledge on toilet training to various categories of people.
- Nurse should act as a facilitator to educate mothers regarding toilet training.
- Misconceptions related to toilet training can be eliminated based on the findings to improve mother's knowledge and practice for better care of the child.

**CONCLUSION**

The family is the central focus in the life of toddler children. The most important societal demand made on the child during this period is the control of elimination. There are many developmental tasks to be achieved during this period. Among them toilet training is the most important task to be attained by each child. In this study, mothers of toddler had inadequate knowledge and practice on toilet training. The correct knowledge and awareness among parents (or) caregiver is very essential for the success of the child. In order to improve their knowledge and practice of toilet training, educate the mothers about toilet training methods and Demonstration are to be encouraged between the individual and society through mass media (or) the awareness programme to lead a healthy life.

**REFERENCES:**

1. <https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/potty-training/art-20045230>
2. <https://www.thepottyschool.com/post/choosing-the-right-path-a-comprehensive-guide-to-potty-training-in-2023>
3. <https://showmeschoolhealth.org/wp-content/uploads/2024/04/potty-training-parentlink-2024.pdf>
4. [https://en.wikipedia.org/wiki/Toilet\\_training](https://en.wikipedia.org/wiki/Toilet_training)
5. <https://www.healthychildren.org/English/ages-stages/toddler/toilet-training/Pages/default.aspx>
6. PARUL DATTA" Pediatric Nursing, Fourth Edition 2018, Japee Publication Page No.126.
7. WONG'S Essentials of Pediatric Nursing, 10th Edition Elsevier Publication Page No.458-545
8. Young K.T, Davis K, Schoen and Parker S. (1998); A national survey of parents with young child. Archives of Paediatric Adolescent Medicine; Vol.(152). Pp. 255-262
9. Zerlin, J. M Chen, E. Ritchey and Bloom (1993). Bladder Capacity: Relationship to Toilet Training Frequency of Maturation. Paediatric Radiology; Vol. (187). No. 3. Pp. 803-806
10. Toilet Learning (2006) : Anticipatory Guidance with a Child Oriented Approach. Paediatrics and Child Health Vol. (5). No. 6.Pp.335-340

- ❖ Abdellah F. G and Levine E. (1986) Better Patient Care through Nursing Research. 2nd [ed]. New York: Mack Millan Publishers Company
- ❖ Alison Schonwald, Sherritt and Stadler. (June 2004) Factors associated with difficult toilet training to identify temperament and behavioural pattern. Paediatrics Journal, Vol. (113). Pp-1753- 1757
- ❖ Azrin N H and Foxx (1999) A rapid method of toilet training the institutionalized related. Journal of Applied Behavior Analysis. Vol. (4). Pp. 89-99

