A Study to Assess Effectiveness of Structured Teaching Program Me on Knowledge Regarding Toilet Training among the Mothers of Toddler of Selected Area, Jaipur, Rajasthan

Mr. Manish K. Goyal
Assist. Professor
Department Medical Surgical Nursing, Rama Nursing College, Pilkhuwa, Hapur (U.P)

ABSTRACT

Background: Toilet training also refers to elimination communication (EC) or natural infant hygiene. The mastery of toilet training is an important development milestone for children and parents. The area of pediatric care presents a critical opportunity for anticipatory guidance, parents need guidance in recognizing signs of readiness in helping their child achieve the necessary skills and in addressing problems when they occur. Toilet training is essential needs for the children that also reduce the risk of development problems of toilet training for example delay in achieving the bladder & bowel control is a common problem.

Aim:- The study was conducted to determine the knowledge of toilet training among the mothers of toddlers of selected area, Jaipur.

Method:- In pre-experimental, one group pre-test post-test design. The sample is selected by the convenient sampling techniques.

Results:- Findings from this study pre-test that about 80% of participants were inadequate knowledge, 16% participants were in moderate knowledge and 04% participants were adequate knowledge of toilet training among the mother of toddlers. After the post–test 06% participants were inadequate knowledge, 10% participants were moderate knowledge and 84% participants were adequate knowledge of toilet training among the mother of toddlers. The pre-test mean +_ S.D. 16.03+_3.602 and post –test mean+_ S.D. 23.07+_1.558 and “ t” test value 10.653.

Conclusion: This study was used to assess the effectiveness of structured teaching program me regarding of toilet training among the mothers of toddlers who lives in the community area. The finding the increase the knowledge and structured teaching program me is an effective method to teach about toilet training among the mothers.

Introduction

Fecal smearing may be found of the children may be think their warm feces as gift and enjoy manipulating and smearing them upon wall and floor or furniture and themselves. It occurs between the age 15-18 months. After the child has learned to use the potty chair smearing is usually not found. Parents should accept their child’s feeling and problem and express strong disapproval. Achievement of control of the bodily function of defecation and urination is one of the major task of the toddler period during the growth and development. The diapers can be hazardous to the health of babies, result in babies sitting for long time in their own fecal matters, urine and remaining the risk of infection as their elimination is pressed directly against their skin and disposable diapers raise temperature of the scrotum in baby boys.

Bed wetting (also called night time or nocturnal enuresis) is a common childhood problem. Children learn to control day time urination as they become aware of their bladder filling ones this occurs, the child then learns to consciously control and coordinate order bladder that reduce risk of infection. Most children with bed wetting do not have an underlying medical problem. Medical Problem may contribute to bed wetting include diabetes, urinary tract infection, seizures and sleep disorders (such as apnea). Most of these conditions can be diagnosed easily.

Objective of the study

➢ To assess the pre-test knowledge level regarding toilet training among mothers of toddlers.
➢ To develop the structured teaching program me on toilet training.
➢ To assess the post –test knowledge level regarding toilet training among the mothers of toddlers.
To determine the effectiveness of structured teaching program me on toilet training.

Review of literature (ROL)

A study was conducted at university federal de Bazil on situation at 2 years of age in birth consort. It include 382 children at 24 months. Their mothers were visited at home and replied to a questionnaire containing questionnaire containing question about socio demographic data. The result indicate abilities needed to start toilet training were present in 85.5% of child mother’s who in education (13.2%) and took their children out of diapers later. The greater number of children have been able to communicate the need to go to the toilet. It concluded that, the majority of the children had not yet started this training and better informed mothers delayed training the most. 5

Methods Study design

The study was an evaluative research study of the knowledge of the toilet training among the mothers of toddlers of community area.

Population and sample

In this study the target population was mothers toddlers age of the baby. The sample size selected to 50.

Sample and Sampling Techniques

In this study, the convenient sampling method was used.

Setting of the study: Rural community area Chomu, Jaipur, Rajasthan India.

Variables:

Dependable Variable: knowledge

In dependable Variable: Structured Teaching Program me

Data collection and Processing

The data was obtained for formal administrative permission was taken from Principal, Soni Nursing College, Jaipur and Ethical Clearance from was obtained from Ethical committee. Permission was taken from Pradhan, Chomu, jaipur. Oral explanation was given to each sample and written consent was taken after explanation.

Informed consent forms were given to participants to obtain permission to enroll them unto the study. Each participant was given a photocopy of the informed consent form while the original was kept by the researchers. Participants were told that participation in the study was voluntary and also they were not to provide any form of identification on the questionnaire so as to maintain confidentiality.

Questionnaires were administered to the respondents’ and ample time given for them to answer the questions on the questionnaire. All the questionnaire are Hindi language.

Data was collect in community area, Chomu, Jaipur among the mother’s of toddlers (1-3 years). Data collected was done for a period of 10 days, in the month of Feb 14th-23rd 2012. Based on the selection criteria mothers of toddlers was selected. After getting the written and oral consent of all participant, on the 1st day pre-test done follow by structured teaching program me on the toilet training and on the day of 8th post –test was conducted with the same tools.

Tools -25

Description of the tools:

Tools are in 2 section:

Demographical of tool: Demographic characteristics of the sample which includes Age, Education, Occupation .Income of the family members in month &number of children

Section of 2:

Structured knowledge questionnaire was developed to assess the knowledge of mothers regarding toilet training. It comprised of 9 areas related to toilet training which include:

- Introduction of toilet training
- Age and timing of toilet training
- Indication of toddlers readiness for toilet training (physiological readiness, psychological readiness, intellectual readiness, parental and Childs readiness ).
- Process of toilet training
- Toilet training at night time and during travelling
- Problems and complication of toilet training
- Do’s and don’ts of toilet training
- Parental guidance

RESULTS

Demographic characteristics of respondents

A total of 50 sample 15 (30%) were in the age group of 21-25 years, 30 (60%) sample of 26-30 years. 05 (10%) sample were 31-35 years and none above of the 35 years. with regard to education 05 (10%) sample were educated between 1-5th standard ,30 (60%) sample were 6-10th standard. 10 (20%) sample 11-12th standard, 05 (10%) sample graduation and none of the sample above of the post graduation. with regard to occupation 05 (10%) employed and 45 (90%) sample were house wife.. with
regard 05 (10%) sample were having monthly income of family members of RS 1000-5000, 40 (80%) RS 5001-10000 , 03 (6%) RS 10001-15000 and 2 (4%) sample was above RS 15000. With regards to the number of children 15 (30%) one,, 30 (60%) sample two children and 05 (10%) sample were having above three children.

Section :B  ANALYSIS OF KNOWLEDGE OF MOTHERS REGARDING TOILET TRAINING

TABLE 2.1 frequency and percentage distribution of pre-test knowledge level

<table>
<thead>
<tr>
<th>S.N.</th>
<th>LEVEL OF KNOWLEDGE</th>
<th>FREQUENCY (f)</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Inadequate</td>
<td>40</td>
<td>80%</td>
</tr>
<tr>
<td>2</td>
<td>Moderate</td>
<td>8</td>
<td>16%</td>
</tr>
<tr>
<td>3</td>
<td>Adequate</td>
<td>2</td>
<td>4%</td>
</tr>
<tr>
<td>4</td>
<td>Total</td>
<td>50</td>
<td>100%</td>
</tr>
</tbody>
</table>

Table 2.1 shows that the majority of the sample 40 (80%) were having inadequate knowledge , sample 8 (16%) moderate knowledge and sample 2( 4%) having adequate knowledge.

Table 2.2 frequency and percentage distribution of post test knowledge level

<table>
<thead>
<tr>
<th>S.N.</th>
<th>LEVEL OF KNOWLEDGE</th>
<th>FREQUENCY (f)</th>
<th>PERCENTAGE (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Inadequate</td>
<td>3</td>
<td>6%</td>
</tr>
<tr>
<td>2</td>
<td>Moderate</td>
<td>5</td>
<td>10%</td>
</tr>
<tr>
<td>3</td>
<td>Adequate</td>
<td>42</td>
<td>84%</td>
</tr>
<tr>
<td>4</td>
<td>Total</td>
<td>50</td>
<td>100%</td>
</tr>
</tbody>
</table>

Table 2.2 shows the majority sample 42 (84%) were have adequate knowledge , 5 (10%) have moderate knowledge and 3 (6%) have inadequate knowledge.

Table 3.1 comparison between the pre test and post test

<table>
<thead>
<tr>
<th>S. N.</th>
<th>KNOWLEDGE LEVEL</th>
<th>MEAN</th>
<th>STANDARD DEVIATION</th>
<th>“t” TEST</th>
<th>Table value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Pretest knowledge</td>
<td>16.03</td>
<td>3.602</td>
<td>10.653</td>
<td>4.28**</td>
</tr>
<tr>
<td>2</td>
<td>Post test knowledge</td>
<td>23.07</td>
<td>1.558</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

$t_{(df)}$=4.28 ** significant
Table 3.1 and Fig. 3.1 shows the mean score of pre test mean score knowledge level 16.03 where as post test mean score 23.07 . It shows that there is a great increase in the mean value in post test , “t” test was computed and obtained value of “t” 10.653 and tabulated “t” value at 49 degree of freedom ( probability <0.05) were found to be highly significant. This indicates the planned teaching program me is an effective method of increasing mother’s knowledge.
Discussion

The present study was conducted to assess the knowledge of the mothers of toddlers regarding toilet training in the selected community area at Chomu, Jaipur, Rajasthan. The sample size of the study was 50 mothers selected by convenient sampling. A knowledge questionnaire was prepared and data was collected and the findings suggested the most of the mothers showed increase in the knowledge regarding toilet training after a structured teaching program. The findings support a qualitative study conducted at a day care center in Mangalore, to assess the knowledge regarding toilet training among mothers of toddlers. The study included 20 mothers of toddlers. Knowledge was assessed by descriptive and inferential statistics. The study concluded that deficient knowledge in pre-test and the structured teaching program was an effective teaching method to teach toilet training to the mothers. They found that there was no significant association between knowledge and selected variables.

Summary:-

The main of the study was to assess the effectiveness of structured teaching program among mothers of toddlers on toilet training. The sampling techniques were used convenient sampling techniques. The data collection was carried out on a sample of 50 mothers. The sample were interviewed using a structured knowledge questionnaire. The questionnaire includes 2 questions to assess the knowledge of mothers so if toddlers regarding toilet training. To achieve the objective a pre-experimental group post-test design was used. Appropriate data analysis was carried out often by coding and totaling of the score of respondents. Demographical maximum finding are follows:-

With regards to age in maximum sample 30 (60%) of 26-30 years, With regards to Education in maximum sample 30 (60%) 6-10th standard, With regards to occupation in maximum sample 45 (90%) were house wife, With regards to monthly income of the family member’s (RS) in maximum sample 40 (80%) RS 5001-10000 and With regards to No. of children in maximum sample 30 (60%) two children. Children in maximum sample 30 (60%) two children.

Effectiveness of structured teaching program me on toilet training:

With regards to pre-test majority of the sample 40 (80%) were having inadequate knowledge, sample 8 (16%) moderate knowledge and sample 2 (4%) having adequate knowledge and post-test majority sample 42 (84%) were have adequate knowledge, 5 (10%) have moderate knowledge and 3 (6%) have inadequate knowledge. The comparison between the pre-test and post-test mean ± S.D. “t” test computed value 10.653 and tabulate value 4.2 at 49 degree of freedom (probability <0.05) were found to be highly significant. This indicates that structured teaching program me is an effective method of increasing mother’s knowledge.

Conclusion

This study was used to assess the effectiveness of structured teaching program me regarding knowledge of toilet training among the mother’s of toddlers who lives in the community area. Among 50 sample 42 (84%) had gained adequate knowledge score, 5 (10%) had gained moderate knowledge score and 3 (6%) had gained inadequate knowledge regarding toilet training after structured teaching program me. So, the finding shows that the structured teaching program me was provide to be effective method to teach about the toilet training among the mother’s of toddlers.

Implication :-

Nursing practice :-

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.

Nursing education :-

Health education should be given to the mothers of toddlers toilet training. This research helps the students to understand the importance of toilet training more.

Nursing administration :-

Appointment of nurses in community area is useful to concentrate on mothers of toddlers. The health service should include individual and group health education regarding the process and importance of toilet training.

Nursing research :-

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.

Recommendations
1. The same study can be carried out with larger number of sample.
2. It can be done in urban areas.
3. This study can be conducted as a comparative study at urban and rural areas.
4. A similar study can be done to assess the knowledge level of mothers and fathers.
5. It can be done as a toilet training practice observation study.

Our in-depth appreciation goes to our esteem research respondents who took their time to give us their honest answers to our questions, may the good lord remain the source of their strength.

Worthy of appreciation are the my father and mothers Shri.Mahadev Prasad Gupta , Smt.. Sharda Gupta who assisted in diverse ways during field work.

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Author details

Manish Kumar Goyal Assistant Professor, Department of Medical Surgical Nursing Rama Nursing College, Hapur Group of Rama University, Kanpur, UtterPradesh, India

References