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Research Article

A STUDY TO ASSESS THE KNOWLEDGE REGARDING READINESS OF TODDLER FOR TOILET TRAINING AMONG MOTHERS IN THE SELECTED RURAL AREAS AT MORADABAD DISTRICT

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ABSTRACT

The research study titled "A study to assess the Knowledge Regarding Readiness of Toddler for Toilet Training among Mothers in the selected Rural areas at Moradabad District" was based on the objectives, to assess the knowledge regarding readiness of toddler for toilet training among mothers in the selected rural area of Moradabad district, to find out the association between the knowledge regarding readiness of toddler for toilet training among mothers and with their selected demographic variables.

A quantitative (Non- Experimental) approach was applied and convenient sampling technique was used to select the sampling. Majority of (36%) mothers were between the age group of 20-25 years, 53% were male child, 36% were having three children, only 28% of mothers were graduate, 67% mothers were housewives, 65% mothers from nuclear family, 30% of families were having family income above Rs10, 000, and 33% mothers had information from community health worker. The finding of the study revealed that fewer 9% mothers having adequate knowledge and 34% had inadequate knowledge and majority 57% of mother had moderate knowledge. It was found that the knowledge of mothers regarding toilet training was moderately adequate with a mean and mean percentage score of 13.21 and 52% respectively whereas Standard Deviation was 4.03. It proved that the maximum level of knowledge regarding readiness of toddlers for toilet training among mothers is moderately adequate. It is also found that the significance of association between knowledge levels of mothers with selected demographic variables at 0.05 level of significance and there is no significant association between knowledge levels of mothers with selected demographic variables except mother's education and source of information.

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INTRODUCTION

Toilet training is one of the most challenging developmental stages of toddler's period and one that all children must complete successfully to acquiesce with the norms of our society and to gain self-determination. Toilet-training is teaching child to recognize his or her body signals for urinating and having a bowel movement and using a potty chair or toilet correctly and at the appropriate times. The actual age of readiness for toilet training can be determined on evidences of their physiological, psychological and intellectual level of maturity. The toddler period encompasses the second year of life, from age 1 year to age 3 year. This period is a time of significant advancement in growth and development for the child. The toddler's psychological readiness is indicated when child can distinguish between sensation of holding on and letting go and can communicate this difference to the mother. Child also

indicates the awareness of soiling or pulling at wet nappies or carrying soiled diapers to the parents. Kaerts N conducted a study on Observing signs of toilet readiness: results of two prospective studies. The results of the study shows that not all readiness signs are easy to assess. This resulted in a shortened checklist with 20 signs, which can be easily observed in young,

Children are intellectually ready for the toilet training when the toddler who have normal intelligence and able to communicate verbally are generally ready for toilet training by the middle of the second year of life. (Arab J Uro. 2013 March) Reports on the natural course of urinary incontinence in children and different methods of TT, published in English between 1946 and 2012, were reviewed TT now occurs at later ages than it did previously. This progression reflects changing ideas about normal childhood physiology and psychology. There is currently no evidence that a specific timing or method of TT is

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more effective or prevents voiding dysfunction (Kaerts N, et al., 2012) conducted a study on Confusion exists about when to start toilet training, which causes stress and anxiety. The toddlers psychological readiness is indicated when child can distinguish between sensation of holding on and letting go and can communicate this difference to the mother. Child also indicates the awareness of soiling or pulling at wet nappies or carrying soiled diapers to the parents. Children are intellectual ready for the toilet training when the toddler who have normal intelligence and able to communicate verbally are generally ready for toilet training by the middle of the second year of life.

Objectives of the Study

To assess the knowledge regarding readiness of toddler for toilet training among mothers in the selected rural area of Moradabad district. To find out the association between the knowledge regarding readiness of toddler for toilet training among mothers and with their selected demographic variables

RESEARCH METHODOLOGY

A descriptive non experimental design was used for the study. The tool used for data collection in this study was a validated by the experts. The population covered under the study was mothers of toddler with sample size 100. Study tool: It comprised two sections, Section A, demographic variables while Section B, the structured knowledge questionnaire prepared on the basis of knowledge regarding readiness of toilet training.

Sampling Technique Data Collection

A convenient sampling technique was adopted to select the sample. Assurance of Confidentiality and privacy was maintained throughout the study. Adequate instructions and explanation regarding the procedure to collect the data were given to the participants.

Data Analysis

The data collected were organized, tabulated and statistically analysed using Statistical Package for Social Science (SPSS). Mean, Standard deviation and Chi-square were calculated. 95% Confidence Interval was used with P value < 0.05 considered significant.

RESULT

The data was collected from selected rural area at Moradabad and 100 toddler’s mothers were the sample of the study taken by convenient sampling. The structured questionnaire was given to mothers which consist of two sections such as: Section-A, including selected demographic variables (Age, sex of children, number of children, mother’s education, mother’s occupation, type of family, family income, source of information) and Section-B, including 25 multiple choice questions regarding readiness of toddler for toilet training. The research approach used for the study was quantitative research. The discussion was done on major findings in accordance with the objectives of the study and hypotheses. Description of demographic variables of selected samples in table-1 enumerated that majority of 36% mothers were in the age group of 20-25 years, 23% of the mothers between the age group of 26-30 years, and 24% in the age group of 31-35 years

and only 15% of mothers are from 36 – 40 age groups. It is found that majority 53% of children were males and 47% were females. In terms of number of children, most of the subjects 70% were having three and two children, while on the contrary 5% had twins. In regard to education status 56 % of mothers were graduate and secondary, 27% of mother were having primary and only 17% had high secondary education. The table data clearly outlined the occupational status of the mother, 67% mothers were housewives, 15% were doing private jobs, whereas 10% were employed in government sector and 8% of them were self-employed. It was explicitly observed that 65% mothers were from nuclear family, while 35% of them belong from joint family. The table illustrated the family income, 70% families were earning between Rs. 5,000 to 10,000 and only 30% of families are having family income above Rs10, 000. Majority of 44% mothers got information from mass media, around 33% of subject got from community health worker, while 17% from neighbours and only 6% had information from their relatives.

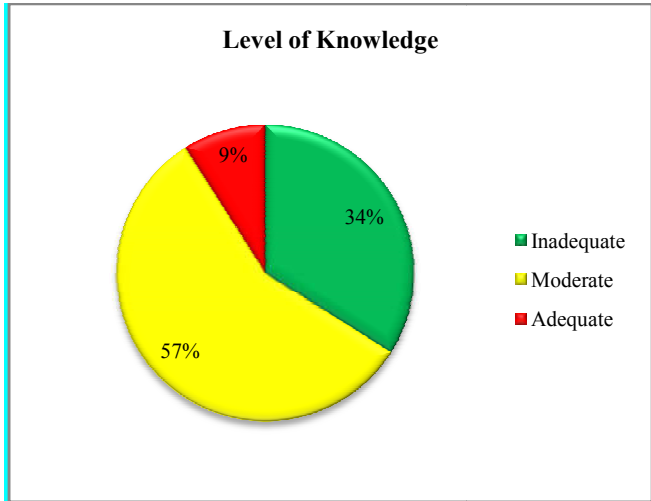
Table 1 Frequency and Percentage Distribution of Demographic Variables

Demographic variables	Frequency	%	
Age of mothers	20-25	36	36
	26-30	23	23
	31-35	24	24
	36-40	15	15
	45	2	2
Sex of Toddler	Male	47	47
	Female	53	53
Number of children	Single	25	25
	Two children	34	34
	Three children	36	36
	Twins	5	5
Mother’s education	Graduate	28	28
	Secondary	28	28
	High secondary	17	17
	Primary	27	27
Mother’s occupation	Private Job	15	15
	Government Job	10	10
	Self employed	8	8
Type of family	Housewife	67	67
	Nuclear Family	35	35
	Joint Family	65	65
Monthly income of family	> Rs5000	36	36
	Rs5000 to 10000	34	34
	<Rs 10000	30	30
Source of information	Relative	6	6
	Neighbour	17	17
	Mass media	44	44
	Community health workers	33	33

A glance at the table revealed that majority of 57% mothers were having moderate knowledge, 34% mothers are having inadequate knowledge while on the contrary tiny fraction of 9% mothers having adequate knowledge. It is found that the very less mothers had adequate knowledge regarding readiness of toddlers for toilet training. It was found that the knowledge of mothers regarding toilet training was moderately adequate with a mean and mean percentage score of 13.21 and 52% respectively whereas Standard Deviation was 4.03

Table II Assessment of knowledge regarding readiness of toddlers for toilet training among mothers

Level of knowledge	Range	Frequency	(%)
Inadequate	0-10	34	34
Moderate	11-19	57	57
Adequate	20-25	9	9



The cross tabulation analysis was employed effectively and the results of chi square analysis were observed and shown in Table It is noted from the table 11 that the ‘p’ value is greater than 0.05 for all the demographic variables and hence the results are not significant at 5% level except mother’s education and source of information. So, it is concluded that there is a close association between the demographic variables such as mother’s education and source of information of the respondents and level of knowledge.

DISCUSSION

The main contribution of the study was to provide descriptive data on knowledge of mothers regarding toilet training. The study was conducted on Knowledge regarding readiness of toddler for toilet training among mothers in the selected rural areas at Moradabad District. The data was collected from mothers residing in the selected villages and 100 mothers of toddlers as the samples of the study were taken by convenient sampling technique. The data was analysed by descriptive statistics (mean, mean percentage, standard deviation.) And inferential statistic (chi square test) was calculated for the significance of the respondent

Table III Association between level of knowledge and demographic variables N=100

Demographic variables	Adequate		Moderately adequate		Inadequate		Df	Chi-Square	Level of	
	F	%	F	%	F	%				
Age of toddler's mother	20-25	4	4	16	16	16	16	8	8.6	P>0.05NS
	26-30	1	1	13	13	9	9			
	31 – 35	2	2	17	17	5	5			
	36-40	2	2	9	9	4	4			
Sex of child	Below 45	0	0	2	2	0	0	2	0.5	P>0.05NS
	Male	5	5	32	32	16	16			
	Female	4	4	25	25	18	18			
Number of children	Single	2	2	16	16	7	7	6	1.7	P>0.05NS
	Two children	3	3	18	18	13	13			
	Three children	4	4	21	21	11	11			
Mother's education	Twin	0	0	2	2	3	3	6	13	P< 0.05 S*
	Graduate	2	2	17	17	9	9			
	Secondary	5	5	17	17	6	6			
	High secondary	0	0	6	6	11	11			
	Primary	2	2	17	17	8	8			
Mother's occupation	Private job	2	2	10	10	3	3	6	4	P>0.05NS
	Govt. job	1	1	6	6	3	3			
	Self employed	0	0	0	0	8	8			
Type of family	Housewife	6	6	41	41	20	20	2	5.6	P>0.05NS
	Nuclear family	2	2	19	19	14	14			
	Joint family	7	7	38	38	20	20			
Monthly income of family	< Rs. 5000	3	3	16	16	17	17	4	6.49	P>0.05NS
	Rs. 5000to10000	2	2	22	22	10	10			
	>Rs10000	4	4	19	19	7	7			
Source of information	Relative	0	0	1	1	5	5	6	15.7	P< 0.05 S*
	Neighbour	1	1	6	6	10	10			
	Mass media	5	5	27	27	12	12			
	Community health workers	3	3	23	23	7	7			

S* = Significant at the level of 0.05 NS = Not significant Df = Degree of freedom

Table No. III: Assessment of association between the levels of knowledge regarding readiness of toddlers for toilet training among mothers with their demographic variables.

This section dealt with association between the levels of knowledge regarding readiness of toddlers for toilet training among mothers related to their demographic variables.

The structured questionnaire was given to subject, consists of two sections such as Section I Demographic variables, (age , sex of child , number of children ,mother ‘s occupation , type of family, family income, mother ‘s education and source of information) and section II consisted of question related to knowledge regarding readiness of toddle for toilet training. A glance at the tables revealed the discussion on the findings in accordance with the objectives of the study. The first objective

of the study was to assess the knowledge regarding readiness of toddlers for toilet training. 57% mothers were having moderate knowledge, whereas 34% mothers had inadequate knowledge, and fewer 9% mothers were having adequate knowledge. The second objective of the study was to find out the association between the knowledge with their selected demographic variables and it is found that there is the association between education of the mother and source of information with knowledge score regarding readiness of toddlers for toilet training was found to be significant at 0.05 level of significance whereas rest of demographic variables were not significant with knowledge score.

CONCLUSION

Purpose of the study to assess the knowledge regarding readiness of toddlers for toilet training among mothers. The descriptive design had been taken to assessing mothers' overall knowledge about toilet training has been accomplished with this study. Whereas structure questionnaire had been chosen to get the information. After data collection, investigator got to know that 57 mothers had moderate knowledge, 34 mothers was having inadequate knowledge, whereas 9 mothers were having adequate knowledge. Score of mothers reveals that there is significant effect of education and source of information on the knowledge score. It shows that there is no significant association between knowledge levels of mothers with selected demographic variables like age, sex of child, number of children, mother's occupation, type of family, family income.

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