

Health Education About Toilet Training On Maternal Behavior In The Application of Toilet Training In Preschool Children

Rahayu Budi Utami, Risa Nurhayati*, Ayu Sandra Saskia Putri

STIKes Satria Bhakti Nganjuk, Indonesia

** Correspondent Author: ners.risa@gmail.com*

ABSTRACT

Children in the preschool phase should be able to do toilet training independently. But the fact is there are still many Preschool Children who cannot be able to independently determine. The purpose of this study was to determine the effect of health education about toilet training on maternal behavior in the application of toilet training in preschool children. Pre-experimental research design, one-group-pretest-posttest-design approach. Place of research in TK Dharma Wanita II Mojorembun, Kec. Rejoso, Kab. Nganjuk The study was conducted March 4-9, 2020. The population of all mothers of preschool children was 80 respondents. Purposive-sampling sampling. Sample 36 respondents. The independent variable of health education about toilet training, the dependent behavior of mothers in the application of toilet training in preschool children. Data collection using questionnaires. Wilcoxon-signed-rank-test statistical analyst with α 0.05. The behavior of mothers in implementing toilet training in preschool children before being given health education was mostly 27 respondents (75%) behaved adequately, after health education was almost entirely 28 (80.6%) well behaved. There is an influence of health care about toilet training on maternal behavior in the application of toilet training in preschool children obtained p -value $0,000 \leq \alpha$, then H_a is accepted and H_o is rejected. so that there was an influence of health education on maternal behavior in the application of toilet training in preschool children. In health education there is a learning process, which can increase knowledge, attitudes and actions that are manifestations of behavior.

Keywords: Health Education, Toilet Training, Preschool Children

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BACKGROUND

Preschool children are children with an age range between 4 and 6 years (Izzaty, 2017). According to Potter & Perry (2005) in Ningsih (2012), the development of preschool children should be able to do independent toilet training at the end of the preschool period. According to Soetjiningsih (2012) in Ratnaningsih (2019), the right time to start training children to do toilet training is after the child can walk (around the age of 1.5 years). but in general, children can actually control bowel movements at the age of about 3 years. According to Hidayat (2005) in Andriyani (2014) the success of toilet training depends on the readiness of the child and the family, especially the mother. According to Suryabudhi (2003) in Arifah (2010) knowledge about toilet training is very important for a mother to have. This will affect the implementation of toilet training in children. Mothers who have a good level of knowledge have a good understanding of the benefits and impacts of toilet training, so that mothers will have a positive attitude towards the concept of toilet training. Attitude is the mother's tendency to act or behave.

The National Institutes of Health in the United States (2015) says bed-wetting is common in children aged 5 or 6 years, with an incidence of 5 million children worldwide. According to the Mayo Clinic website 15% of children still wet the bed at night at the age of 5 years and only 5% who continue until the age of 8-11 years. Furthermore, according to the Indonesian Pediatrician Association (IDAI) in 2016 in Subardi & Lestari (2018) about 30% of the age of 4 years, 10% of 5 years of age and 18 years of age around 1% of children still wet the bed. Data obtained from grade A and grade B students at TK Dharma Wanita II Mojorembun, Kec. Rejoso, Kab. Nganjuk numbered 81 children. The number of boys was 47 and girls were 34, with an age range of 4-6 years.

The implementation of toilet training for children requires a physical assessment, psychological assessment, intellectual assessment. Bladder control is usually not perfect before the child is five years old (Soetjiningsih, 2012). According to Kartini (2013) in Ratnaningsih (2019) doing toilet training, maternal knowledge is needed. Ignorance of toilet training makes behavior in teaching toilet training less good. Skinner's theory in Notoatmodjo's (2011) book "S-O-R" or Stimulus - Organism - Response, behavior occurs through the process of a stimulus to an organism and then the organism responds. So far, health education on toilet training is still lacking, because this problem is not yet a major problem. It has not been seen that there have been no printed and electronic media producing information about toilet training. So that many mothers do not understand the importance of toilet training. The most common impact of failing toilet training can disrupt the child's personality or tends to be retentive in which children tend to be stubborn and even stingy, tend to be careless, irritable, emotional and arbitrary in carrying out daily activities (Hidayat, 2009).

One thing that nurses can do in increasing knowledge is by doing health education. Health education is the application of the concept of education in the health sector, hoping that this health education can change the behavior of a person or community from unhealthy behavior to healthy behavior (Notoatmodjo, 2011). Based on the description above, the researcher is interested in conducting research with the title "Health Education About Toilet Training on Mother Behavior in the Application of Toilet Training at TK Dharma Wanita II Mojorembun, Kec. Rejoso, Kab. Nganjuk "

METHODS

The design of this study used a pre-experimental design using a one group pretest-posttest desing approach. This research was conducted on March 4-9 2020 at TK Dhama Wanita II Mojorembun, Kec. Rejoso, Kab. Nganjuk. The population in this study were all mothers of preschool children at TK Dharma Wanita II Mojorembun for the 2019/2020 academic year as many as 80 people. The sampling technique used was purposive sampling in order to obtain a sample of 36 people. The statistical test used Wilcoxon with a significant $\alpha = 0.05$. The independent variable in this study is health education about toilet training with indicators: Health education is given 1 meeting, time allocation of 40 minutes media used leaflets and power point slid shows, the methods used are lectures and questions and answers, material content (definition of toilet training , how to teach toilet training, assessing the problem of how to do toilet training, a sign that the child is ready for toilet training, factors that support toilet training, toilet training preparation and planning, parental strategies in toilet training, the impact of toilet training). The dependent variable in this study is the behavior of mothers in implementing toilet training in preschool children with the following indicators: 1. Knowledge (definition of toilet training, factors of toilet training, preparation and planning of toilet training, how to do toilet training, readiness for toilet training) 2. Attitude (Responsibility for how to do, preparing and planning for toilet training, respecting children's readiness for toilet training) 3. Actions (how to do toilet training, preparing children for toilet training, preparing and planning for toilet training). Instruments or measuring instruments in this study for the independent variable using SAP and the dependent variable using a questionnaire.

RESULTS

1. Mother Behavior In The Implementation Of Toilet Training In Preschool Children At Tk Dharma Wanita II Mojorembun, Kec. Rejoso, Kab. Nganjuk Before Being Given Health Education.

Table 1 Frequency Distribution Of Mother Behavior In The Implementation Of Toilet Training In Children Preschool At TK Dharma Wanita II Mojorembun, Kec. Rejoso, Kab. Nganjuk Before Being Given Health Education On March 4-9, 2020

No	Category	Jumlah (Responden)	Percentage (%)
1	Perilaku Baik	6	16,7
2	Perilaku Cukup	27	75
3	Perilaku Kurang	3	8,3
Total		36	100

Based on table 4.1 of 36 respondents, it shows that most of them, namely 27 respondents (75%), have sufficient behavior in implementing toilet training for preschoolers before being given health education.

2. Mother Behavior In The Implementation Of Toilet Training In Preschool Children At TK Dharma Wanita II Mojorembun, Kec. Rejoso, Kab. Nganjuk After Being Given Health Education.

Table 2 Distribution Of Mother Behavior Frequency In The Implementation Of Toilet Training In Children Preschool At TK Dharma Wanita II Mojorembun, Kec. Rejoso, Kab. Nganjuk After Providing Health Education On March 4-9 2020

No	Category	Jumlah (Responden)	Percentage (%)
1	Perilaku Baik	29	80,6
2	Perilaku Cukup	5	13,9
3	Perilaku Kurang	2	5,6
	Total	36	100

Based on table 4.2, it shows that almost all of them, as many as 29 respondents (80.6%), have good behavior in implementing toilet training for preschool children after being given health education.

3. Mother Behavior in the Implementation of Toilet Training in Preschool Children at Kindergarten Dharma Wanita II Mojorembun, Kec. Rejoso, Kab. Nganjuk Before And After Health Education Is Provided.

Table 3 Distribution Of Mother Behavior Frequency In The Implementation Of Toilet Training In Children Preschool At TK Dharma Wanita II Mojorembun, Kec. Rejoso, Kab. Nganjuk Before And After Being Given Health Education On March 4-9, 2020

No	Kategori	Pre test		Post Test	
		Jumlah (Responden)	Percentage (%)	Jumlah (Responden)	Percentage (%)
1	Perilaku Baik	6	16,7	29	80,6
2	Perilaku Cukup	27	75	5	13,9
3	Perilaku Kurang	3	8,3	2	5,6
	Total	36	100	36	100

$p \text{ value} = 0,000$; $\alpha = 0,05$; $p \text{ value} \leq \alpha$

Based on table 4.3, it shows that before being given health education, most of the respondents, namely 27 respondents (75%) had sufficient behavior in implementing toilet training in preschool children. After being given health education, almost all of the respondents, namely 29 respondents (80.6%), had good behavior in implementing toilet training for preschool children. Wilcoxon signed rank test obtained $p \text{ value} = 0.000$; $\alpha = 0.05$; $p \text{ value} \leq \alpha$, so that H_a is accepted, there is an effect of health education on toilet training on maternal behavior in implementing toilet training in preschool aged children at TK Dharma Wanita II Mojorembun, Kec. Rejoso, Kab. Nganjuk.

DISCUSSION**1. Mother Behavior In The Implementation Of Toilet Training In Preschool Children At Tk Dharma Wanita II Mojorembun, Kec. Rejoso, Kab. Nganjuk Before Being Given Health Education.**

Based on the research results, it can be seen that most of the respondents have sufficient behavior in implementing toilet training for preschool children, namely 27 respondents (75%). This result is supported by general data on the birth order of the respondent's children, namely, of the 27 respondents, almost half of them have children with birth order number 1, namely 13 respondents (36.1%).

Based on the explanation above, the researcher argues that the order of birth of the respondent's child also affects the mother's experience in providing toilet training. Mothers who have first child birth order have never taken care of children before so that the respondent's information about toilet training is still lacking and it causes their knowledge to be sufficient, and will form behaviors that are classified into sufficient behavior.

2. Mother Behavior In The Implementation Of Toilet Training In Preschool Children At TK Dharma Wanita II Mojorembun, Kec. Rejoso, Kab. Nganjuk After Being Given Health Education.

Based on the results of the study, it can be seen that almost all of the respondents have good behavior in applying toilet training to preschool children, namely 29 respondents (80.6%). This result is supported by the general education of mothers, of the 29 respondents most of them have high school / vocational / MA education, namely 25 respondents (69.4%).

Based on the explanation above, the researcher argues that SMA / SMK / MA education is included in the upper level education category so that it is also easier to receive information about toilet training. The more information that comes in, the higher the mother's knowledge about toilet training so that it can shape behavior that classifies it into good behavior.

3. Mother Behavior in the Implementation of Toilet Training in Preschool Children at Kindergarten Dharma Wanita II Mojorembun, Kec. Rejoso, Kab. Nganjuk Before And After Health Education Is Provided.

The stages of hypothesis analysis in this study used the Wilcoxon Signed Rank Test, it was found that $p \text{ value} = 0,000$; $\alpha = 0.05$; $p \text{ value} \leq \alpha$ So that H_a is accepted, there is an effect of health education on toilet training on mother behavior in implementing toilet training in preschool children at TK Dharma Wanita II Mojorembun, Kec. Rejoso, Kab, Nganjuk.

Researchers argue that education has been shown to improve a person's behavior. This is because in health education there is a learning process. The learning process using the lecture method can be effective for a large number of targets because researchers can monitor respondents during health education, so if there are respondents who do not pay attention to the researcher, they can immediately give a warning to pay attention to the material presented so that the respondent can understand the material presented. Leaflet media that are easy to carry anywhere and contain the essence of the material, make it easier for respondents to study anywhere and can also remember the material presented by the researcher. The educational process using the lecture method and leaflet media can be effective. An effective health education process can increase the

respondent's knowledge and automatically increase the respondent's behavior to be good. One of the duties of nurses, especially community nurses, is educators, nurses providing health information to improve public health behavior for the better.

CONCLUSION

Most of the 27 respondents (75%) had sufficient behavior before being given health education about toilet training for preschool children at TK Dharma Wanita II Mojorembun, Kec. Rejoso, Kab. Nganjuk. Almost all 29 respondents (80.6%) have good behavior after being given health education about toilet training for preschool children at TK Dharma Wanita II Mojorembun, Kec. Rejoso, Kab. Nganjuk. There is an effect of health education on toilet training on maternal behavior in implementing toilet training in preschool children at TK Dharma Wanita II Mojorembun, Kec. Rejoso, Kab. Nganjuk. Where p value = 0.000 $\leq \alpha$ 0.05, so that H_a is accepted. For TK Dharma Wanita II Mojorembun, Kec. Rejoso, Kab. Nganjuk further improves education or health education, especially for toilet training problems for preschool children by using tools such as leaflets, posters or through teachers at school. Parents of preschool children are looking for more information about toilet training so that they will be able to educate their children to maximize toilet training. Researchers convey information to mothers about toilet training when working or not working so that more and more people understand about toilet training in preschool children.

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