

## A study on Effectiveness of planned teaching programme on toilet training given to primi mothers below the age of 3 years in Chunakkara panchayath, Alappuzha district.

Jaslin James<sup>1</sup>

<sup>1</sup>(Vice Principal, College of Nursing, S.N. Medical College Agra, U.P. India)

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### **Abstract:**

**Background:** Toddler period is often referred to as a critical period in the development of personality. There are many development tasks to be achieved during this period; among this toilet training is one of the most important tasks to be attained by each child. Toilet training is major development milestone for children (Nightingale Nursing Times, March 2009). Toilet training is highly essential for all the children. The process of toilet training develops a sense of confidence and independent attitude in the children compared to other children who develop guilt, shame, and a dependent attitude on not receiving toilet training. The study was conducted with the objectives of assessment regarding the level of knowledge of primi mothers regarding toilet training, to develop and validate a planned teaching programme on toilet training, and to find out the effectiveness of planned teaching programme.

**Materials and Methods:** Research design chosen for this study is a pre experimental one group pre test post test research design. The sample comprised of 30 primi mothers having the child below the age of 2 years at Alappuzha district. The tool used in the study was self administered questionnaire. The data collection was done in Chunakkara panchayath of Alappuzha district on 19/7/2010. Baseline data containing sample characteristics were analyzed by using frequency and percentage. Paired t test was used to assess the effectiveness of planned teaching programme.

**Results:** There was significant improvement in knowledge on toilet training among primi mothers after planned teaching programme. So the planned teaching programme is highly effective at  $p < 0.01$  for primi mothers on toilet training ( $p < 0.01$ ).

**Conclusion:** The planned teaching programme on toilet training is highly effective in increasing the knowledge of primi mothers of below 3 years children.

**Key Word:** Toddler, Primi mother, Toilet training.

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### **I. Introduction**

Toilet training is the process of providing training to children from the age of 6 months to develop apt bowel and bladder control that is, getting the anal and urethral sphincter control (Dorothy 2006).

One of the major tasks of toddlerhood is toilet training. An anticipatory guidance and clinical interventions for families surrounding toilet training should begin during routine well child visit's before the child's development readiness to toilet training. Voluntary control of anal and urethral sphincters is achieved sometimes after the child is walking, probably between ages 18 and 24 months. (Wong 2009)

Five markers signal a child's readiness to toilet training: bladder readiness, bowel readiness, cognitive readiness, motor readiness and psychological readiness (Schmitt 2004). The achievement of toilet training is an example of child's operating on the basis of reality principle that is giving up the immediate pleasure of eliminating at will for greater happiness of gaining continuing parental approval. (Marlow 2006).

Parent should begin the readiness plan of toilet training by teaching child about how the body functions, in relation to voiding (Wong 2009). The process of toilet training requires certain steps and necessary approaches. Some children show untowardness during the training period. This can only be removed with the help of slow, constant practice of toilet training programme at correct age itself. (Dr. Spock 2004). Several personality disorders, shame and guilt is developed in children whom toilet training is not given. The child faces fear and anxiety and become dependent (Dr. Anand 2006).

Toilet training is highly essential for all the children. The process of toilet training develops a sense of confidence and independent attitude in the children compared to other children who develop guilt, shame, and a dependent attitude on not receiving toilet training.

## **II. Material And Methods**

This pre-experimental one group pre test and post test study was carried out at Chunakkara panchayath.

**Study Design:** Pre experimental one group pre and post test design.

**Study Location:** Chunakkara panchayath

**Sample size:** 30 primi mothers.

### **Variables**

#### **Dependent variable**

The knowledge of primi mothers regarding toilet training

#### **Independent Variables**

Planned teaching programme

#### **Setting of the study**

Chunakkara panchayath ,Alappuzha district.

#### **Population**

Primi mothers of child below the age of 3 years at chunakkara panchayath,Alappuzha district,Kerala

#### **Sample size**

30 primi mothers having the child below the age of 3 years at chunakkara panchayath who met the sampling criteria

#### **Sampling technique**

Simple random sampling technique

#### **Sampling criteria**

##### **Inclusion criteria**

- ✓ Primi Mothers who are willing to practice in this study.
- ✓ Primi mother of child below the age of three.
- ✓ Primi Mothers who know how to read and write Malayalam.

##### **Exclusion criteria**

- ✓ Mothers having more than one child.
- ✓ Mothers of child above 3 years.
- ✓ Mothers who are not willing to participate in the study.
- ✓ Mothers who cannot read and write Malayalam.
- ✓ Mothers who are accessible during data collection.

### **Procedure methodology**

Research design chosen for this study is a pre experimental one group pre test post test research design. The sample comprised of 30 primi mothers having the child below the age of 3 years at chunakkara panchayath Alappuzha district. The tool used in the study was self administered knowledge questionnaire. Random sampling technique was used to draw the required size of samples. The data collection was done in Chunakkara panchayath of Alappuzha district on 19/7/2010. Baseline data containing sample characteristics were analysed by using frequency and percentage. Paired t test was used to assess the effectiveness of planned teaching programme.

A pilot study was conducted among 6 primi mothers having children below 3 years of age residing at chunakkara panchayath on 12/07/2010 to check feasibility and practicability of the tool. The investigators obtained written permission from the medical officer prior to the study. After the study among 6 primi mother of children below 3 years it was seen that 3 had slight knowledge, 2 have moderate and 1 have good knowledge. No modification was made in the tool after pilot study. The tool was found to be feasible and practicable. So the investigator planned to carry out the data collection for the main study on the same way as the pilot study was conducted. The data collection was firstly get introduced to the respondent by name of organization conducting the research. The questionnaire was delivered and each sample took 15 minutes to answer the pretest questions. Then teaching was given regarding toilet training, After 7 days 26/07/2010 post test was conducted using the same questionnaire used for the pretest and data collection was completed within 2 weeks. Data collection for main study was held in 2 series at chunakkara panchayath among 30 primi mothers having children under 3 years of age. Self administered knowledge questionnaire was given to collect the mothers were very much cooperative. After providing questionnaire a teaching programme was scheduled and conducted regarding the toilet training. After the pretest 60% of subjects have average knowledge and 6.66% have below average knowledge with mean of 39.6 and standard deviation of 10.04. After 7 days of administration of the teaching programme, post test was done by using the same questionnaire used for the pretest. It was found that the knowledge score was increased from the pretest to the post test which indicates the effectiveness of teaching programme. Data analysis was done by descriptive statistics by using frequency and percentage and inferential statistics by paired t test.

### III. Result

Based on the objectives the collected data analyzed using frequency, percentage and paired t test were organized as follows

**Section I:** Demographic data

**Section II:** Knowledge of primi mothers of children below 3 years regarding toilet training

**Section III:** Effectiveness of planned teaching programme.

Section I: Demographic data findings

The findings related to demographic variables on data analysis revealed the following;

**Age** - 46.6 % of subjects belong to 20-25 years of age group ,30% of subjects belong to 26-30 years of age group ,16.6% of subjects belong to >30 years of age group and 6.6% of subjects belong to <20 years of age group.

**Education** - 46.6% of subjects had higher education level, 26.6% of subjects had received primary education and 26.6% of subjects received high school education.

**Occupational status-** Majority of subjects 73.33% were house wives,13.33% are professionals and 3.3% are manual laborers.

**Types of family** - 56.66% of subjects have nuclear family and 43.33% have joint family.

**Religion** - 56.66% of subjects are Hindus, 23.33% are Muslims and remaining 1.33% are Christians.

**Types of community-** All subjects (100%) belong to rural community

**Section II:** Knowledge of primi mothers of children below 3 years regarding toilet training .

After the pretest the investigators identified that 60% of subjects have average knowledge and 6.66% have below average knowledge with mean of 39.6 and standard deviation of 10.

**Section III:** Effectiveness of planned teaching programme.

**Table-I: - To assess the effectiveness of planned teaching programme**

S.no	Toilet training	Number of samples	Mean	SD	t value	Inference
1.	Pre test	30	39.6	10.94	2.64	Highly significant at p<0.01
2.	Post test	30	75.86	4.66		

After the planed teaching programme the mean score in the pre test has increased from 39.6 to 75.86 in the post test with a difference in standard deviation of 6.28

There was difference from pretest 60% to 100% in the post test with a difference in standard deviation of 4.66 .Paired t test value is 2.64 with a p value of <0.01.This shows a significant improvement in knowledge on toilet training among primi mothers below 3 years children after planned teaching programme.So the planned teaching programme is highly effective at p<0.01 for primi mothers below 3 years children on toilet training.

### IV. Conclusion

The planned teaching programme on toilet training is highly effective in increasing the knowledge of primi mothers of below 3 years children

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