

# ANALYSIS OF PARENTAL AWARENESS OF TOILET TRAINING SUCCESS IN CHILDREN AGED 1-3 YEARS

*by* Cek Turnitin

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**Submission date:** 07-Mar-2023 03:03PM (UTC+0800)

**Submission ID:** 2031029439

**File name:** RENESS\_OF\_TOILET\_TRAINING\_SUCCESS\_IN\_CHILDREN\_AGED\_1-3\_YEARS.pdf (441.56K)

**Word count:** 5172

**Character count:** 25657

## ANALYSIS OF PARENTAL AWARENESS OF TOILET TRAINING SUCCESS IN CHILDREN AGED 1-3 YEARS

<sup>1</sup>Retno Palupi Yonni Siwi, <sup>2</sup>Geystra Asmieranda Cahyaning Ciputri,

<sup>3</sup>Miftakhur Rohmah, <sup>4</sup>Riza Tsalatsatul Mufida, <sup>5</sup>Nining Istighosah

<sup>1,2,3,4,5</sup>Midwifery Study Program, Faculty of Nursing and Midwifery Strada

Indonesia Institute of Health Sciences, Kediri, Indonesia

\*Corresponding Author: [palupi.siwi@gmail.com](mailto:palupi.siwi@gmail.com)

### ABSTRACT

**Background** : The low success of toilet training in the community influenced the many mothers who do not train their children for chapters and bak in their place, as well as a lack of motivation from parents. The purpose of this study is the influence of parental awareness levels on the success of toilet training in children aged 1-3 years.

**Method** : The design of this study is observational with a cross sectional approach. The population is all parents of children aged 1-3 years using simple random sampling techniques obtained a sample of 33 respondents. Independent variables of parental awareness level and dependent variables of toilet training success, with the Mann Whitney test.

**Result** : The results showed that most of the respondents had a lesser level of awareness, which was 23 respondents (69.7%). And most respondents have the ability to toilet training late, which is 23 respondents (69.7%).

**Analysis** : The results of the analysis obtained p-value 0.000 smaller than  $\alpha = 0.05$ , then  $p \leq \alpha$  so that  $H_1$  is accepted which means there is an influence on the level of parental awareness on the success of toilet training in children aged 1-3 years in The Village of Parakan Trenggalek.

**Conclusion** : The level of parental awareness is able to increase the success of toilet training in children, because with the awareness of parents, parents want to motivate and train their children toilet training early on.

**Keywords** : Awareness, Parents, Success, Toilet Training

### INTRODUCTION

Toilet training is an effort in training children to control BAK (Urination) and Defecation (Defecation) this ability must be carried out from an early age in the hope that the child is trained in controlling BAK (Urination) and DEFECATION (Defecation) at a predetermined place, and the child can reach the stage of ndirianism at this age (Rejeki, et al. 2019). This toilet training is taught to children ranging in age

from 24 to 36 months of age. This age is the right time to be taught toilet training (Jacob, et al. 2016).

According to WHO (2020) states that 58% of parents succeed in training toilet training when the child is 18 to 36 months old. And 42% of parents train toilet training when the child is more than 36 months old, so children have not succeeded in running toilet training when they are 3 years old. According to data from the Ministry of Health of the Republic of Indonesia (2020) in

Indonesia, it is estimated that the number of children aged 1-3 years is 21,628,363 people. According to the national Household Health Survey (SKRT), it is estimated that the number of toddlers who have difficulty controlling BAK (Urination) and Defecation (Defecation) at the age of up to pre-school reaches 75 million children. Children who successfully run toileting 25% and 75% fail to run toileting. There are children of pre-school age (4-5 years) children who successfully run toileting 40% and 60% fail to run toileting (Kamellawati, F., et al, 2020).

Based on research in East Java province in 2020 as many as 36.67% of toddler age (18-36 months) who were fully cared for by their mothers succeeded in learning toilet training, while at the age of toddlers (18-36 months) who were taken care of were not fully cared for by their mothers, 63.33% of them were unsuccessful in learning toilet training. Trenggalek Regency in 2020 obtained children who received good instrumental support with good toileting skills, namely 35.7%; for good instrumental support with sufficient toileting ability, namely 50.0% for instrumental support both with good toileting ability by 14.3%.

Based on the results of a preliminary study conducted by researchers in July 2021 in Parakan Trenggalek Village to 10 parents of children aged 1-3 years, it was found that 7 respondents (70%) said that their children still have the habit of urinating (BAK) and defecating (DEFECATION) in any place sometimes by wearing diapers because mothers rarely provide motivation or train about toilet training. Meanwhile, 3 respondents (30%) said their children still have the habit of wearing diapers at night because parents are lazy to take their children to the bathroom while urinating.

The success of toilet training conducted by mothers or babysitters is influenced by several factors, namely the factor of parents' knowledge of toilet training 69%, the factor of parental education towards toilet training 54%, and the factor of using diapers in children is still high at 78.3%. Where from the results of the study it was obtained that the percentage of respondents who behaved negatively was more who did not have toilet training. This is because mothers who are negative towards toilet training are not motivated to do toilet training because mothers think using pampers is more effective and instant.

There are several factors that can trigger the failure of toilet training including lack of family knowledge, family readiness and the readiness of children or mothers to teach the correct toilet training (Harahap, M., et al, 2021). If the family is looking for information about teaching the correct toilet training to the child, then the family will be ready or able to teach toilet training appropriately, properly and correctly. On the other hand, if the family does not want to find information about teaching toilet training correctly, it will have bad consequences on children, one of which is that children can be emotional and arbitrary in daily activities (Syamrotul, 2015). The role of the family is very important for the child to teach the correct use of the toilet.

## METHODS

The design of this study is observational. This research is a quantitative research. The approach method used in this study is cross sectional. This study was conducted where all variables were taken only once. The population in this study was all parents of children aged 1-3 years in

Parakan Trenggalek Village as many as 132 people, using *probability sampling techniques with simple random sampling* obtained a sample of 33 respondents. It was then tested using the Mann Whitney Rank Test  $\alpha = 0.05$ . An

independent variable in this study is the Level of Parental Awareness. While the dependent variable is the Success of Toilet Training. The measuring instrument in this study used a questionnaire.

## RESULTS

Table 1. Frequency distribution of respondents by age of parents

Age of Respondents	Frequency	Present (%)
<20	3	9,1
20 - 35	23	69,7
>35	7	21,2
Sum	33	100,0

Based on table 1, it is known that most parents are aged 20-35 years, which is 23 respondents (69.7%).

Table 2. Frequency distribution of respondents by child's age

Child Age	Frequency	Present (%)
13 - 24 months	23	69,7
25 - 36 months	10	30,3
Sum	33	100,0

Based on table 2, it is known that most children aged 13 - 24 months, that is, by 23 respondents (69.7%).

Table 3. Frequency distribution of respondents by education

Education	Frequency	Present (%)
SD	4	12,1
SMP	19	57,6
SMA	7	21,2
Colleges/Academies	3	9,1
Sum	33	100,0

Based on table 3, it is known that most of the respondents were junior high school educated, which was 19 respondents (57.6%).

Table 4. Frequency distribution of respondents by occupation

Work	Frequency	Present (%)
Housewives	19	57,6
Private	5	15,1
Self employed	7	21,2
PNS	2	6,1
Sum	33	100,0

Based on table 4, it is known that most respondents work as housewives, which is 19 respondents (57.6%).

**Table 5. Frequency distribution of respondents based on information about toilet training**

Get Informed	Frequency	Present (%)
Already	10	30,3
Do not	23	69,7
Sum	33	100,0

Based on table 5, it is known that most respondents never got information about toilet training, which was 23 respondents (69.7%).

**Table 6. Frequency distribution of respondents based on sources of information about toilet training**

Sources of Information	Frequency	Present (%)
Health Workers	4	40,0
Magazine	1	10,0
Radio/Television	2	20,0
Internet	3	30,0
Sum	10	100,0

Based on table 6, it is known that almost half of respondents get sources of information about toilet training from health workers, which is 4 respondents (40%).

**Table 7. Frequency distribution of respondents based on parental level of awareness**

Parental Awareness Level	Frequency	Present (%)
Good	6	18,2
Enough	4	12,1
Less	23	69,7
Sum	33	100,0

Based on table 7, it is known that most respondents have a lack of awareness, which is 23 respondents (69.7%).

**Table 8. Frequency distribution of respondents based on the success of toilet training**

Successful Toilet Training	Frequency	Present (%)
Succeed	10	30,3
Not Yet Successful	23	69,7
Sum	33	100,0

Based on table 8, it is known that most of the respondents whose children are in the category of not having succeeded in toilet training, which is 23 respondents (69.7%).

**Table 9. Cross-tabulation of parents' age with parents' level of awareness about toilet training in Parakan Trenggalek Village**

Age	Parental Awareness Level	Total
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	Good	%	Enough	%	Less	%	N	%
<20 Years	0	0	0	0	3	9,1	3	9,1
20-35 Years	4	12,1	3	9,1	16	48,5	23	69,7
>35 Years	2	6,0	1	3,0	4	12,1	7	21,2
Total/N	6	18,1	4	12,1	23	69,7	33	100,0

Based on table 9, it is known that respondents aged 20-35 years have a lack of awareness level of 16 responden (48.5%).

Table 10. Cross-tabulation of parents' age with successful toilet training in children aged 1-3 years in Parakan Trenggalek Village

Age	Successful Toilet Training				Total	
	Succeed	%	Not Yet Successful	%	N	%
<20 Years	0	0	3	9,1	3	9,1
20 - 35 Years	7	21,2	16	48,5	23	69,7
>35 Years	3	9,1	4	12,1	7	21,2
Total/N	10	30,3	23	69,7	33	100,0

According to Table 10, it is known that respondents aged 20-35 years have children with the category of not having succeeded in toilet training, namely 16 respondents (48.5%).

Table 11. Cross-tabulation of children's age with successful toilet training in children aged 1-3 years in Parakan Trenggalek Village

Age	Successful Toilet Training				Total	
	Succeed	%	Not Yet Successful	%	N	%
13 - 24 months	0	0	23	69,7	23	69,7
25 - 36 months	10	30,3	0	0	10	30,3
Total/N	10	30,3	23	69,7	33	100,0

Based on Table 11, it is known that respondents with children aged 13-24 months have a category of unsuccessful toilet training, namely 23 respondents (69.7%).

Table 12. Cross-tabulation of education with parents' level of awareness about toilet training in Parakan Trenggalek Village

Education	Parental Awareness Level						Total	
	Good	%	Enough	%	Less	%	N	%
SD	0	0	0	0	4	12,1	4	12,1
SMP	0	0	0	0	19	57,6	19	57,6
SMA	5	15,1	2	6,1	0	0	7	21,2
College	1	3,0	2	6,1	0	0	3	9,1
Total/N	6	18,1	4	12,2	23	69,7	33	100,0

Based on table 12, it is known that respondents with a junior high school education have a level of awareness in the less category, namely 19 respondents (57.6%).

Table 13. Cross-tabulation of education with the success of toilet training in

children aged 1-3 years in Parakan Trenggalek Village

Education	Successful Toilet Training				Total	
	Succeed	%	Not Yet Successful	%	N	%
SD	0	0	4	12,1	4	12,1
SMP	0	0	19	57,6	19	57,6
SMA	7	21,2	0	0	7	21,2
College	3	9,1	0	0	3	9,1
Total/N	10	30,3	23	69,7	33	100,0

Based on table 13, it is known that respondents with a junior high school education have children with the category of not having succeeded in toilet training, namely 19 respondents (57,6%).

Information	Parental Awareness Level						Total	
	Good	%	Enough	%	Less	%	N	%
Already	4	12,1	6	18,1	0	0	10	30,3
Do not	0	0	0	0	23	69,7	23	69,7
Total/N	4	12,1	6	18,1	23	69,7	33	100,0

Table 14. Cross-tabulation of Information with the level of awareness. Based on table 14, it is known that respondents who never received information about toilet training had a

of parents about toilet training in Parakan Trenggalek Village.

lack of awareness level, namely 23 respondents (69,7%).

Table 15. Cross-tabulation of information with the success of toilet training in children aged 1-3 years in Parakan Trenggalek Village

Information	Successful Toilet Training				Total	
	Succeed	%	Not Yet Successful	%	N	%
Already	10	30,3	0	0	10	30,3
Do not	0	0	23	69,7	23	69,7
Total/N	10	30,3	23	69,7	33	100,0

Based on table 15, it is known that respondents who did not get information about toilet training had children with the category of not having succeeded in toilet training, namely 23 respondents (69,7%).

Table 16. The results of the analysis of the level of awareness of parents towards the success of toilet training in children aged 1-3 years in Parakan Trenggalek Village

	Parent Behavior
Mann-Whitney U	,000
Wilcoxon W	276,000
With	-4,590
Asymp. Sig. (2-tailed)	,000
Exact Sig. [2*(1-tailed Sig.)]	,000

Based on the results of the Mann-Whitney Test analysis above, a variable

$p$  value = 0.000 <  $\alpha$  (0.05), so that H0 is rejected and H1 is accepted which means that there is an influence on the level of parental awareness on the

## DISCUSSION

### A. Parental Awareness Level In

#### Toilet Training

Based on the results of the study, it is known that most of the respondents in Parakan Trenggalek Village have a level of awareness that is less than 23 (69.7%).

A person's lack of awareness level will result in wrong knowledge, attitudes and actions as well. Consciousness is defined as a condition of being awake or able to understand as precisely as possible. Secondly, consciousness is defined as all the ideas, feelings, opinions, and so on that a person or group of people have. In addition, consciousness is defined as a person's understanding or knowledge of himself and his existence (Viendyasari, M, 2019).

According to researchers the formation of consciousness can occur due to the presence of ideas, feelings, opinions that a person or group of people have. In addition, awareness also occurs because of a person's understanding or knowledge of himself and his existence.

The factor affecting the level of consciousness is the age of the parents. The results showed that most of the 23 respondents (69.7%) aged 20-35 years had a low level of awareness of 16 respondents (48.5%). According to (Yasin, Z., et al, 2019) with the increase of age a person will experience changes in physical and psychological aspects and this change occurs due to the maturation of organ function, in the psychological and mental aspects of a person's thinking nerves become more mature and mature so as to affect a

success of toilet training in children aged 1-3 years in Parakan Trenggalek Village.

person's attitude in carrying out actions. According to researchers, age will affect a person's actions or attitudes, where the older a person is, the more mature knowledge will be in carrying out actions.

Another factor that affects the level of awareness is education, the results showed that most of the respondents were 19 (57.6%) junior high school educated. According to (Hernanta, R., et al, 2017) the lower a person's education, the more difficult it is to receive information and in the end there is less knowledge because knowledge greatly affects a person's attitude in an action. In addition, a person's level of education will affect the mindset in the development of the information obtained and affect the respondent's consciousness so that the level of awareness becomes less. If a person has a low level of education it will hinder the improvement of one's consciousness. According to researchers the level of consciousness is closely related to education. Education affects the knowledge of a person's attitudes and actions so that the knowledge and insight gained is still low, where a person with low education will be less and less knowledgeable to determine good behavior.

The next factor that affects the level of awareness is having or never getting information about toilet training. From the results of the study, it showed that most of the respondents, a total of 23 (69.7%) had never received information about toilet training. According to (Wahyu, R., et al, 2014) obtaining information can accelerate a person to acquire new knowledge. By



providing information, it will increase people's knowledge, then knowledge will cause awareness and will eventually cause people to behave or have appropriate attitudes and actions because it is based on their own situation and not thoughts. Information is a form of stimulus that affects a person, both directly from the environment and indirectly. According to researchers, a person's knowledge can be influenced by whether or not the person is informed, the more a person gets information the more knowledge is gained.

### B. Success of Toilet Training in Children Aged 1-3 Years

Based on the results of the study, it is known that almost all of the respondents in Parakan Trenggalek Village, a total of 23 (69.7%) have children in the category of not having succeeded in practicing toilet training.

According to (Emawati, D, 2021) In doing urination and defecation exercises in children requires preparation both physically, psychologically and intellectually, through these preparations it is hoped that children will be able to control defecation or urination on their own. And family support can also help increase the success of children's toilet training.

According to researchers, the success in toilet training can be known from parents' knowledge and children's readiness. That apart from the knowledge of parents, the readiness of children in terms of physicality affects the teaching of toilet training. If in terms of physique, the child is not ready to do toilet training, then parents must be patient until their child is fully prepared to do toilet training. And the success of toilet training is also influenced by family support. Not only

the parents, but also other family members. Because family support plays a fairly good role in the success of children's toilet training.

Another factor that affects the success of toilet training is the age of the parents. Based on the results of the study showed that most of the respondents were 23 (69.7%) aged 20-35 years. According to (Yasin, Z., et al, 2019) with the increase of age a person will experience changes in physical and psychological aspects and this change occurs due to the maturation of organ function, in the psychological and mental aspects of a person's thinking nerves become more mature and mature so as to affect a person's attitude in carrying out actions. According to researchers, age will affect a person's actions or attitudes, where the older a person is, the more mature knowledge will be in carrying out actions.

Another factor that affects the success of toilet training is the age of the child. Based on the results of the study showed that most of the respondents a total of 23 (69.7%) had children aged 13-24 months. According to (Sari., et al, 2020), toilet training is carried out on children aged 15-18 months, because the system is sufficiently developed and can already recognize signs from their bladder and abdomen. Children are also required to be able to control the muscles that open and close their bladder and anus. At the age stage of 18-36 months, the ability of the urethral sphincter to control the cravings and the ani sphincter to control the desire for defecation begins to develop. According to researchers, children's age will affect the success of toilet training, where the older the child is, the physical, psychological and intellectual readiness will mature. Because in reality what happens in the field of children after 1-2 years, they are still in the process of getting to know and

practicing toilet training. They will start successful toilet training at the age of more than 2 years.

Another factor that affects the success of toilet training is parental education. Based on the results of research, most of the respondents of 19 (57.6%) have a junior high school education. According to (Hernanta, R., et al., 2017) the lower a person's education, the more difficult it is to receive information and in the end, there is less knowledge because knowledge greatly affects a person's attitude in an action. In addition, a person's level of education will affect the mindset in the development of the information obtained and affect the respondent's consciousness so that the level of awareness becomes less. If a person has a low level of education it will hinder the improvement of one's consciousness. According to researchers, the level of education of parents also determines success. The level of education affects the mother's knowledge of the application of toilet training, if the mother's education is low, it will affect the knowledge of the application of toilet training so that it affects how to train early the application of toilet training.

The next factor that affects the success of toilet training is having or never getting information about toilet training. Based on the results of the study, it showed that most of the respondents, a total of 23 (69.7%) never received information about toilet training. According to (Wahyu, R., et al., 2014) obtaining information can accelerate a person to acquire new knowledge. By providing information, it will increase people's knowledge, then knowledge will cause awareness and will eventually cause people to behave or have appropriate attitudes and actions because it is based on their own situation and not thoughts.

Information is a form of stimulus that affects a person, both directly from the environment and indirectly. According to researchers, a person's knowledge can be influenced by whether or not the person is informed, the more a person gets information the more knowledge is gained.

### C. Effect of Parental Awareness

#### Level on The Success of Toilet

#### Training In Children Aged 1-3 Years

Results from table 16, it is known that most of the respondents had a lack of awareness level of 23 (69.7%), of which 23 (69.7%) had children with the category of not having a problem in doing their toilet training. Hypothesis testing about the influence of parents' level of awareness on the success of toilet training in children aged 1-3 years in Parakan Trenggalek Village using the *Mann-Whitney Test*. The calculation results of the *Mann-Whitney Test* test obtained a probability value (p-value) of 0.000 less than ( $\alpha = 0.05$ ). Based on these criteria, it shows that the null hypothesis is rejected and statistically there is an influence between the level of parental awareness on the success of toilet training in children aged 1-3 years significantly.

A person's lack of awareness level will result in wrong knowledge, attitudes and actions as well. Consciousness is defined as a condition of being awake or able to understand as precisely as possible. Secondly, consciousness is defined as all the ideas, feelings, opinions, and so on that a person or group of people have. In addition, consciousness is defined as a person's understanding or knowledge of himself and his existence (Viendyasari, M., 2019).

Parents' awareness of training and motivating their children can help increase the success of toilet training. If the child applies toilet training properly

and successfully, the child also receives the benefits of the toilet training. One of the developments that children have to go through is toilet training. The success of toilet training depends on the child and family, mother or father. Toilet training is an important aspect in the development of children during the toddler age and must receive parental attention in urination and defecation. One of the efforts made by parents to improve the readiness of toilet training in children is to use good parenting and minimize the use of diapers (Mail, A., et al. 2018)

According to researchers the formation of consciousness can occur due to the presence of ideas, feelings, opinions that a person or group of people have. In addition, awareness also occurs because of a person's understanding or knowledge of himself and his existence.

The formation of increased awareness of parents in toilet training will be followed by the formation, change and ability of children in conducting toilet training. This is based on table 16, where most of the respondents had a lack of awareness about toilet training, namely 23 respondents (69.7%) where 23 respondents had not succeeded in toilet training.

The benefits obtained by parents by introducing children to get used to the bathroom when urination and defecation are that children can be independent, children can control when they want to urinate or defecate, not wet the bed anymore. This can be done by means of natural exercises that can create a child's independence. The method or stage of introducing toilet training can be in a simple way and is easy for children to understand.

## CONCLUSION

Based on the results of the study, several conclusions can be formulated according to the results of the study, namely the level of awareness of parents about toilet training in Parakan Trenggalek Village, most of the respondents had a lack of awareness level, namely a total of 23 respondents (69.7%). And the success of toilet training in children aged 1-3 years in Parakan Trenggalek Village, most of the respondents had children with the category of not succeeding in toilet training, namely a total of 23 respondents (69.7%). So that there is a variable level of parental awareness of the success of toilet training in children aged 1-3 years in Parakan Trenggalek Village.

## ACKNOWLEDGMENTS

We would like to thank the Parakan Trenggalek Village for allowed to do research in there.

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