

Relationship between Mother's Behavior Regarding Toilet Training for Toddlers at the Tenayan Raya-Riau Community Health Center

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ARTICLE INFO

Keywords:

Mother's Knowledge, Toilet Training, Toddlers

ABSTRACT

Abstract: Toilet Training is a way to train children to be able to control urination and defecation. With Toilet Training, it is hoped that children will be able to urinate and defecate in designated places. The most common impact of failure in Toilet Training is the presence of strong treatment or rules for parents towards their children which can interfere with the child's personality or tend to be stubborn. The aim of the research is to determine the relationship between maternal behavior regarding toilet training in toddlers. This type of research is analytical with a cross-sectional design using random sampling, with a sample of 32 respondents, with a total of 20 questionnaires submitted to respondents. Based on research, it was found that the relationship between mothers' behavior regarding toilet training was sufficient for 28 mothers (87.5%), and the relationship between mothers' behavior regarding the definition of toilet training was sufficient for 27 mothers (84.4%). In relation to maternal behavior regarding the right time for the child to be ready to start toilet training, 16 mothers (71.9%) were sufficient. In relation to maternal behavior, 25 mothers (68.8%) indicated that children were ready to start toilet training. Regarding the relationship between mothers' behavior regarding tips to make toilet training easier, there were 26 mothers (81.3%). Therefore, it is hoped that families, especially mothers, can improve their behavior regarding toilet training by making mothers more active in seeking information about toilet training by using existing facilities, TV, radio, and health workers. 5 %), In relation to maternal behavior regarding the definition of toilet training, 27 mothers (84.4%) were sufficient. In relation to maternal behavior regarding the right time for the child to be ready to start toilet training, 16 mothers (71.9%) were sufficient. In relation to maternal behavior, 25 mothers (68.8%) indicated that children were ready to start toilet training. Regarding the relationship between mothers' behavior regarding tips to make toilet training easier, there were 26 mothers (81.3%). Regarding the relationship between mothers' behavior regarding tips to make toilet training easier, there were 26 mothers (81.3%). Regarding the relationship between mothers' behavior regarding tips to make toilet training easier, there were 26 mothers (81.3%). Therefore, it is hoped that families, especially mothers, can improve their behavior regarding toilet training by making mothers more active in seeking information about toilet training by using existing facilities, TV, radio, and health workers.

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1. INTRODUCTION

Toilet training is training toddlers to use the potty to defecate, usually an initial stage that makes it easier for parents to train children to control their urination activities. Toilet training is training children to defecate directly into the toilet, which is the next stage of potty training. There are parents who like to use the potty first and then move on to toilet training, but there are also parents who train and want their toddler to use the toilet straight away. The most important thing is to train your child when he is physically and mentally ready and do it in a fun way. Never force a child if he is not ready to do it and

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do not compare him with other children. Forcing him when he is not ready will only make him depressed (Suririnah, 2020).

Toilet training for children is an effort to train children to be able to control urination and defecation. Toilet training can take place at the child's life phase, namely 18 months - 36 months. Carrying out urination and defecation training for children requires preparation both physically, psychologically and intellectually. Through this preparation, it is hoped that the child will be able to control his or her own defecation or urination. The most common impact of failure in Toilet Training is strong treatment or rules for parents towards their children which can disturb the child's personality or tend to be stubborn (Hidayat, 2018).

The attitude of wanting to be practical makes the use of pampers continue until the child's age. For skin health, it may not be a problem (of course as long as the rules for use are followed properly). What is more worrying is the issue of your little one's independence, especially in terms of urinating and defecating. For this reason, it is recommended to carry out toilet training for babies (Sudilasih, 2019). Most parents hope that toddlers can immediately be trained to toilet train. However, there is no definite time when this should start, whether in spring or summer, although that is considered ideal. The main benchmark is the toddler's physical and mental readiness. Generally, they will be ready at the age of 18 – 36 months, or even more than that (Vicky Lansky's, 2016).

Based on the results of an initial survey conducted by researchers at the Tenayan Raya-Riau Community Health Center in 2023, the population in the hamlet is ±475. There were 10 mothers surveyed who had toddlers. Of the 10 mothers, there were 6 mothers who still took their children defecating to the front yard, and 4 mothers still took their children defecating into the drain where the bathroom waste was collected. They said that when they took their child to the toilet, the child cried and tried to leave the bathroom, and some mothers said that it would be better for them to take their child to the bathroom waste disposal site or go take their child to the front of their yard.

2. METHOD

This research uses an analytical method, a cross sectional approach, where the independent variable is crossed with the dependent variable to find out the relationship between mothers' behavior regarding toilet training for toddlers which is significant between the two variables (Kurniawan, 2018). The research was conducted in the Tenayan Raya-Riau Community Health Center Work Area. The research was conducted from April to August 2023. The population in the study were mothers with toddlers in the Tenayan Raya-Riau Health Center Working Area, totaling 160 people with a sample of 32 people, with a sampling technique using Random Sampling.

3. RESULTS AND DISCUSSION

Tabel 1. Frequency Distribution of Respondents based on Age, Education, Occupation and Information Source in the Puskesmas Working Area Tenayan Raya-Riau

No	Respondent Characteristics	n	%
1.	Respondent's Age		
	≤ 20	-	-
	21 – 35	28	87.5
	≥ 36	4	12.5
Total 32 100			
2.	Respondent's Education		
	elementary school	13	40.6
	junior high school	15	46.9
	SENIOR HIGH SCHOOL	4	12.5
Total 32 100			
3.	Respondent's Occupation		
	IRT	21	65.6
	Self-employed	11	34.4
Total 32 100			



4.	Resources		
	Television	1	3.1
	Radio	3	9.4
	Health workers	10	31.3
	Never got the source of the information	18	56.3
Total		32	100

It is known that the majority of respondents are in the Puskesmas Work Area Tenayan Raya-Riau. There were 28 respondents (87.5%) aged 21 - 35 years, 15 respondents (46.9%) had secondary school education, 21 respondents (65.6%) had worked as housewives, and had never received a source of information. information as many as 18 respondents (56.3%).

Tabel 2. Frequency Distribution of Maternal Behavior Regarding Toilet Training in Toddlers in the Puskesmas Working Area Tenayan Raya-Riau

No	Category	n	%
1.	Good	3	9.4
2.	Enough	28	87.5
3.	Not enough	1	3.1
Total 32		100	

Toilet Training

It can be noted that the majority of mothers' behavior regarding toilet training is sufficient, 28 respondents, namely (87.5%). Research results regarding Mother's Behavior regarding Toilet Training in Community Health Center Work Area Tenayan Raya-Riau 2023 shows that the majority is 28 respondents (87.5%). Researchers can see this from 20 statements, 28 respondents answered the statement correctly (87.5%). According to (Hidayat, 2018).

Toilet training is an effort to train children to be able to control urination (BAK) and defecation (BAB). Carrying out urination and defecation training for children requires physical, psychological and intellectual preparation. Through this preparation, it is hoped that the child will be able to control urination, defecation and defecation independently. Behavior is the result of "knowing" and this occurs after people sense a particular object. This sensing occurs starting after the human senses, namely the senses of sight, hearing, smell, touch and taste. Most human knowledge is acquired through the eyes and ears.

Tabel 3. Frequency Distribution of Mother's Behavior Regarding the Definition of Toilet Training in Toddlers in Community Health Center Work Area Tenayan Raya-Riau

No	Category	n	%
1.	Good	-	-
2.	Enough	27	84.4
3.	Not enough	5	15.6
Total 32		100	

Definition of Toilet Training

It can be seen that the majority of mothers' behavior regarding the definition of toilet training is 27 respondents, namely (84.4%). The results of research regarding mothers' behavior regarding the definition of toilet training in Community Health Center Work Area Tenayan Raya-Riau in 2023, shows that the majority is sufficient, namely 27 respondents, namely (84.4%). Researchers can see this from 20 statements, there are 4 statements that discuss Definitions, based on the answers from respondents, the majority of 17 mothers were able to answer 2 statements correctly out of 4 statements. From the results that have been answered by respondents, the majority of mothers know the statement in point I,



namely: Toilet training is the initial stage that makes it easier for parents to practice BAK and defecation activities according to (Suririnah, 2020).

*Potty/toilet training*It's not the same as taking your child to toilet training, it's not the same as taking training to teach your child to control their bowel movements and do it themselves. Meanwhile, what many parents do when their children are babies is take them to toilet training and hold them so that the child does not defecate/toilet train. According to the researcher's assumption, the research results are not in line with theory, namely that the majority of mothers behave adequately, this is because mothers do not seek information about the definition of toilet training through existing information facilities.

Tabel 4. Frequency Distribution of Mother's Behavior Regarding the Right Time for Toddlers to Be Ready to Start Toilet Training in ToddlersCommunity Health Center Work AreaTenayan Raya-Riau

No	Category	n	%
1.	Good	4	12.5
2.	Enough	23	71.9
3.	Not enough	5	15.6
Total		32	100

The right time for children to be ready to start toilet training

It can be seen that the mother's behavior regarding the right time for the child to be ready to start toilet training is quite 23 respondents, namely (71.9%). From the results of research regarding maternal behavior regarding the right time for toddlers to be ready to start toilet trainingCommunity Health Center Work AreaTenayan Raya-Riau in 2023, shows that the majority is sufficient, namely 23 respondents, namely (71.9%). This can be seen by researchers from 20 statements, there are 5 statements that discuss the right time for toddlers to start Toilet Training, based on the respondents' answers, 13 mothers answered correctly, the majority of mothers answered 3 statements correctly out of 5 statements, from the results that were answered by The majority of respondents understood the second point statement, namely "Training a child before he is ready usually only causes conflict." According to (Mackonochie, 2019).

Before toilet training, both mother and child must be equally ready, a mother must be equally ready. Mothers need to be calm and relaxed in all the processes and be prepared to do it. If a mother is worried, frustrated or angry when your child makes a mistake or the floor becomes wet or dirty because he missed the target that should go into the toilet/potty hole, he will start to associate those negative feelings with the potty/toilet. This happens because of the lack of information that a mother can get, at what age a child can start toilet training, a mother said they don't know that if the time is not right for a child's toilet training, it will cause conflict.

According to the researcher's assumption, mothers do not care about when their children are eligible to start toilet training due to the lack of information they receive and do not want to seek information through existing information facilities.

Tabel 5. Frequency Distribution of Mother's Behavior Regarding Signs that Children Are Ready to Start Toilet Training in Toddlers inCommunity Health Center Work AreaTenayan Raya-Riau

No	Category	n	%
1	Good	10	31.3
2	Enough	22	68.8
3	Not enough	-	-
Total		32	100

Signs that your child is ready to start toilet training

It can be seen that the mother's behavior regarding signs that the child is ready to start toilet training, the majority is quite 22 respondents, namely (68.8%). From the results of research regarding maternal behavior regarding signs that children are ready to start toilet trainingCommunity Health Center Work AreaTenayan Raya-Riau in 2023, shows that the majority is sufficient, namely 22 respondents, namely (68.8%). Researchers can see this from 20 statements, there are 5 statements that discuss signs that toddlers



are ready to start toilet training. Based on the answers from respondents, the majority of 15 mothers were able to answer 3 statements correctly out of 5 statements. From the results of the questionnaire that respondents answered, the majority of mothers understood the third point statement, namely "The child will ask for the diaper to be changed after urinating and defecating" according to (Mackonochie, 2019). Increasing interest in the contents of the diaper is also a sign of your child's growing awareness, and that is very normal. Some children are very possessive of their feces and show great pride in it by wanting to smell or touch it. According to the researchers' assumption, most mothers do not know every sign their child gives that they are ready to start toilet training, this is because the sources of information that mothers get are very limited.

Tabel 6. Frequency Distribution of Mother's Behavior Regarding Tips to Make Toilet Training Easier for Toddlers in Community Health Center Work Area Tenayan Raya-Riau

No	Category	n	%
1.	Good	3	9.4
2.	Enough	26	81.3
3.	Not enough	3	9.4
Total		32	100

Tips to Make Toilet Training Easier

It can be seen that the majority of mothers' behavior regarding tips for making toilet training easier is 26 respondents, namely (81.3%). From the results of research regarding maternal behavior regarding tips for making toilet training easier for toddlers Community Health Center Work Area Tenayan Raya-Riau in 2023, stated that the majority was sufficient, namely 26 respondents, namely (81.3%). Researchers can see this from 20 statements, there are 6 statements that discuss tips to make toilet training easier. This can be seen from the results of the questionnaire, which totaled 6 statements regarding tips for making toilet training easier. Based on the answers from respondents, the majority of 14 mothers were able to answer 3 statements correctly out of 6 statements. From the results of the questionnaire that respondents answered, the majority of mothers understood the second point statement, namely "Give confidence to the child that next time he will definitely be able to do it." According to (Sudilarsih, 2020).

As a mother, try not to get angry when your child occasionally wets the bed or poops in his pants. Don't rush. There's no harm in starting a little late, in fact the older he gets the easier it is to teach him to use the toilet. According to the researchers' assumption, most mothers do not know the tips for making toilet training easier, this is because the sources of information that mothers obtain are very limited and they do not want to seek information through existing information facilities.

4. CONCLUSION

Based on the results of research regarding the relationship between maternal behavior regarding toilet training for toddlers in the work area of the Tenayan Raya-Riau Health Center in 2023, it can be concluded that the majority of maternal behavior regarding toilet training is sufficient, namely (87.5%), namely 28 mothers, maternal behavior regarding Knowledge of the Definition of Toilet Training, the majority is sufficient, namely (84.4%), namely 27 Mothers, Mother's Behavior Regarding the right time for children to be ready to start Toilet Training, the majority is sufficient, namely (71.9%), namely 16 Mothers, Mother's Behavior Regarding Signs The majority of toddlers are ready to start toilet training, namely (68.8%), namely 25 mothers. The majority of mothers' behavior regarding tips for making toilet training easier is (81.3%), namely 26 mothers.

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