



Correlation Between Level of Knowledge and Attitude of Mothers with Children Aged 18-36 Months in Toilet Training Practices at Posyandu Karya Sehati Puskesmas Pahandut, Palangka Raya City

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Abstract: Toilet training is an effort to teach children to control their urination and defecation. The phenomenon observed is that many mothers are unaware of information regarding toilet training. Therefore, the researchers are interested in understanding the correlation between the level of knowledge and the attitudes of mothers with children aged 18-36 months regarding toilet training practices at the Sehati Posyandu, UPT Puskesmas Pahandut Palangka Raya. This research employs a correlational research design with a cross-sectional approach using the Spearman rank statistical test, with purposive sampling technique involving 37 respondents at the Karya Sehati Posyandu, UPT Puskesmas Pahandut, Palangka Raya. Using the Spearman rank statistical test, the p-value is 0.000, and the significance value is $0.00 < 0.05$, thus the null hypothesis (H₀) is rejected (indicating no correlation). This means that the alternative hypothesis (H₁) is accepted, which states that there is a significant correlation between knowledge and the attitudes of mothers with children aged 18-36 months at the Karya Sehati Posyandu, UPT Puskesmas Pahandut, Palangka Raya. (ada hubungan dengan kekuatan hubungan 0,617 korelasi hubungan tinggi). There is a correlation between the level of knowledge and the attitudes of mothers with children aged 18-36 months. It is recommended to provide health education using media such as leaflets, posters, and sharing about toilet training practices.

Keywords: Level of knowledge, Attitude, Toilet Training

1 INTRODUCTION

Toilet training is an effort to teach children to control their urination and defecation. Incorrect habits in controlling urination and defecation can lead to negative consequences for children in the future. It can lead to children being undisciplined, spoiled, and most importantly, when the time comes, the child will experience psychological issues; they will feel different and will not be able to independently control urination and defecation. Mothers play a significant role in the toilet training process. According to Alwisol, the process of toilet training is very important to carry out, as it will affect the child's personality in the future. The toddler age, commonly referred to as "the golden age," is a period where the first year of a child's life is a crucial stage in their development. During this time, the child's abilities in language, activities, and social and emotional awareness progress rapidly, and it also serves as the foundation for future development. At this time, the foundations of an adult's personality are formed, shaping them into a quality individual. The development of a child's brain progresses remarkably. This is the perfect time for mothers to optimize their little one's brain development by providing maximum stimulation. A comfortable and loving environment will introduce children to the feeling of love, and their brain development will thrive as well. The phenomenon occurring is that many mothers with children aged 18-36 months are not aware of what toilet training is and the importance of teaching toilet training from an early age.

According to research by the American Academy of Pediatrics, not all children are ready for toilet training at the age of 2. The results of this study show that only 4% of 482 healthy toddlers were able to undergo toilet training at 2 years old, 22% at 2 ½ years, 60% at 3 years, 88% at 3 ½ years, and 2% at 4 years. In Indonesia, it is estimated that the number of toddlers reached 40% of the 295 million population in 2015. According to the National Household Health Survey (SKRT), it is estimated that 75 million preschool-aged children have difficulty controlling bowel and bladder movements [1]. Based on the preliminary survey conducted on March 15, 2022, there are 43 mothers with children aged 18-36 months at the Karya Sehati Posyandu in the Pahandut Health Center in Palangka Raya. During the interview, the mothers stated that their children still use diapers because it is more practical. Some mentioned that they only use diapers during certain events or long trips.

The use of diapers for children aged 1-3 years is greatly influenced by the mother's level of education, knowledge, and experience. Education influences a mother's thoughts and attitudes about the use of diapers. Employment can also affect diaper usage for children; mothers who work in the private sector have less time to care for their children compared to those who are self-employed, civil servants, or homemakers, leading them to choose diapers for their children due to practicality. Using diapers for an extended period on children will negatively impact their readiness for toilet training. If a child has a habit of using diapers, they will feel comfortable

with that habit, and if left unchecked, it will eventually hinder the implementation of toilet training. The impact of a mother not properly implementing toilet training on a child includes the child becoming stubborn and difficult to manage. In addition, the child is not independent and carries the habit of bedwetting into adulthood. The social and psychological impacts resulting from the habit of bedwetting can disrupt a child's life. Mothers should always guide or teach toilet training as early as possible, for example, by training the child to use the toilet before bedtime, so that the child being trained will not wet the bed every night.

A mother's behavior is essential as a guide in achieving success in toilet training for children. Efforts to address the issues and reduce the impact of a mother's failure to toilet train her child by motivating the mother about toilet training. After the mother learns about toilet training, it is hoped that she can directly train her child so that the child better understands and begins to eliminate the habit of bedwetting. Thus, the child is encouraged to practice and understand behaviors such as removing outer clothing, undergarments, cleaning themselves, and flushing after using the toilet. Based on the description above, the researcher is interested in studying "The correlation between the level of knowledge and the attitudes of mothers with children aged 18-36 months in toilet training practices at Posyandu Karya Sehati UPT Puskesmas Pahandut Palangka Raya."

2 METHODOLOGY

The research design was the final outcome of a decision-making stage made by the researcher regarding how a particular study will be conducted. It serves as a guide in the planning and execution of the research to achieve a specific goal or answer a research question. (Nursalam,2013:80). The research design that will be used in this study is a correlational research design aimed at revealing the correlational correlations between variables using a cross-sectional research design. This type of research emphasizes the timing of measurement or observation of independent and dependent variable data only once at a single point in time, so there are no follow-up actions. Of course, not all research subjects need to be observed on the same day or at the same time; however, both the independent and dependent variables are assessed only once.

The sample in this study consists of all mothers who have children aged 18-36 months and visit the Karya Sehati integrated health post at the Pahandut Community Health Center in Palangka Raya, totaling 37 individuals who meet the inclusion criteria. The research period is the duration required for the researcher to collect the research data, which took place from August 6, 2022, to August 12, 2022. The data collection for this research was conducted using a questionnaire.

3 RESULTS

3.1 General Data

The characteristics of the respondents based on general data are: age, education, occupation, whether they have received information, and sources of information.

3.1.1 Age

Table 3.1 Characteristics of respondents based on age.

Age	Frequency	Percentage
20-25 Years	20	54%
26-31 Years	10	27%
32-38 Years	5	14%
>38 Years	2	5%
Amount	37	100%

Based on Table 3.1, the characteristics of respondents by age with a total of 37 respondents are as follows: 20 respondents (54%) aged 20-25 years, 10 respondents (27%) aged 26-31 years, 5 respondents (14%) aged 32-38 years, and 2 respondents (5%) aged over 38 years.

3.1.2 Education

Table 3.2 Characteristics of respondents based on education.

Education	Frequency	Percentage
Elementary School	13	35%
Junior High School	16	43%

Senior High School	5	14%
Third Degree Diploma	2	5%
Bachelor's Degree	1	3%
Amount	37	100%

Based on Table 3.2, the characteristics of the respondents by education show that out of 37 respondents, the largest group is those with a junior high school education, totaling 16 respondents (43%), followed by elementary school with 13 respondents (35%), high school with 5 respondents (14%), diploma 3 with 2 respondents (5%), and bachelor's degree with 1 respondent (3%).

3.1.3 Occupation

Table 3.3 Characteristics based on occupation.

Occupation	Frequency	Percentage
Housewives	25	68%
Laborers	5	14%
Employees	5	14%
Civil servants	2	5%
Etc	0	0%
Amount	37	100%

Based on Table 3.3, the characteristics of respondents by occupation with a total of 37 respondents show that the majority are housewives with 25 respondents (68%), followed by laborers with 5 respondents (14%), employees with 5 respondents (14%), civil servants with 2 respondents (5%), and others with 0 respondents (0%).

3.1.4 Having Received Information

Table 3.4 Characteristics of respondents based on having received information:

Having Received Information	Frequency	Percentage
Ever Received	15	41%
Never	22	59%
Amount	37	100%

Based on Table 3.4, the characteristics of respondents regarding whether they have received information, with a total of 37 respondents, show that the majority have never received information, with 22 respondents (59%), while 15 respondents (41%) have received information.

3.1.5 Sources of Information

Table 3.5 Characteristics of respondents based on information sources:

Sources of Information	Frequency	Percentage
Print Media	2	13%
Electronic Media	8	53%
Social Media	4	27%
Medical Personnel	1	7%
Amount	15	100%

Based on Table 3.5, the characteristics of the respondents according to the information, with a total of 37 respondents, show that the largest group is from electronic media with 8 respondents (53%), followed by social media with 4 respondents (27%), print media with 2 respondents (13%), and medical personnel with 1 respondent (7%).

3.2 Special Data

The following is the identification results of maternal anxiety before and after being given classical music therapy. This section includes data regarding the role of mothers with children aged 18-36 months who were studied, as well as the mothers' motivation in implementing Toilet Training, presented in table form. The correlation between the level of knowledge and the attitudes of mothers with children aged 18-36 months in the practice of toilet training is presented in a cross-tabulation.

Table 3.6 Results of the identification of mothers' knowledge who have children aged 18-36 months in toilet training practices at the Sehati Posyandu, Pahandut Health Center, Palangka Raya.

Criteria	Frequency	Percentage
Excellent	12	32%
Very Good	17	46%
Good	8	22%
Amount	37	100%

Based on table 3.6 above, which is based on the knowledge of the mothers, the largest number of respondents, totaling 37, falls into the Adequate category with 17 respondents (46%), followed by the Good category with 12 respondents (32%), and the Poor category with 8 respondents (22%).

Table 3.7 Results of the identification of attitudes of mothers with children aged 18-36 months in toilet training practices at the Sehati Posyandu, UPT Puskesmas Pahandut Palangka Raya.

Criteria	Frequensi	Percentage
Excellent	12	32%
Very Good	12	32%
Good	13	35%
Jumlah	37	100%

Based on table 3.7, the characteristics of the respondents' attitudes of mothers show that out of 37 respondents, the majority strongly agree with 15 respondents (41%), agree with 10 respondents (27%), disagree with 9 respondents (24%), and strongly disagree with 3 respondents (8%).

3.8 The results of the cross-tabulation of the correlation between knowledge and the attitudes of mothers with children aged 18-36 months in toilet training practices at the Sehati Integrated Health Post, UPT Puskesmas Pahandut, Palangka Raya, in 2019.

Parents' Attitude								
	Excellent		Very Good		Good		Amount	
Mother's Knowledge	□	%	□	%	□	%	□	%
Excellent	5	42%	5	42%	2	15%	12	32%
Very Good	7	58%	7	58%	3	23%	17	46%
Good	0	0%	0	0%	8	62%	8	22%
Amount	12	100%	12	100%	13	100%	37	100%

Based on the results of the cross-tabulation table above, the knowledge of mothers with children aged 18-36 months shows that the most common is good knowledge with a good attitude, represented by 5 respondents (42%), good knowledge with a sufficient attitude, also 5 respondents (42%), and good knowledge with a poor attitude, 2 respondents (15%), totaling 12 respondents (32%). Sufficient knowledge with a good attitude is represented by 7 respondents (58%), sufficient knowledge with a sufficient attitude, also 7 respondents (58%), and sufficient knowledge with a poor attitude, 3 respondents (23%), totaling 17 respondents (46%). Poor knowledge with a good attitude is represented by 0 respondents (0%), poor knowledge with a sufficient attitude, also 0 respondents (0%), and poor knowledge with a poor attitude, 8 respondents (62%), totaling 8 respondents (22%).

Table 3.9 Spearman's rho analysis of the correlation between knowledge and the attitudes of mothers with children aged 18-36 months at the Karya Sehati integrated health service post of the Pahandut Community Health Center in Palangka Raya.

Correlations		KNOWLEDGE	ATTITUDE	
Spearman's rho	KNOWLEDGE	Correlation Coefficient	1,000	,487**
		Sig. (2-tailed)	.	,002
		N	37	37
	ATTITUDE	Correlation Coefficient	,487**	1,000
		Sig. (2-tailed)	,002	.
		N	37	37

** . Correlation is significant at the 0.01 level (2-tailed).

Based on the Spearman's rho statistical test, H1 is accepted, indicating a significant correlation between knowledge and the attitudes of mothers with children aged 18-36 months at the Pahandut Health Center in Palangka Raya. The p-value is 0.000, and the significance value is $0.00 < 0.05$, thus the null hypothesis (H0) is rejected (no correlation), and H1 is accepted, indicating a meaningful correlation.

4. CONCLUSIONS

Based on the research findings, there is a correlation between the level of knowledge and the attitudes of mothers with children aged 18-36 months regarding toilet training practices at the Karya Sehati Posyandu in Pahandut Health Center, Palangka Raya. According to the research findings, a significant relationship has been identified between the level of knowledge that mothers possess and their attitudes toward toilet training practices for their children aged 18-36 months. Specifically, the study suggests that mothers who have a greater understanding of toilet training techniques and developmental readiness tend to have more positive and supportive attitudes towards the process. This correlation indicates that a mother's awareness and knowledge play a crucial role in shaping how she approaches toilet training, which may ultimately affect the success of the practice in her child.

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