



# “A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING TOILET TRAINING AMONG MOTHERS OF TODDLERS IN PEDIATRIC WARD AND OUT-PATIENT DEPARTMENT IN SREE BALAJI MEDICAL COLLEGE AND HOSPITAL, CHROMEPET, CHENNAI”

Dr. V. Hemavathy<sup>1st</sup>, Mrs. V. J. Bini Paul<sup>2nd</sup>, Ms. B. Grace Deva Gnanam<sup>3rd</sup>,  
M. Sc (N), M. A, M. Phil, Ph. D <sup>1st</sup>, M. Sc (N)<sup>2nd</sup>, M. Sc Nursing<sup>3rd</sup>,  
Principal<sup>1st</sup>, HOD-Department of Child Health Nursing<sup>2nd</sup>, Student<sup>3rd</sup>

Sree Balaji College of Nursing, No.:7, CLC works road, Chromepet, Chennai-600 044, Tamil Nadu, India.

## ABSTRACT

*Toilet training, or potty training, is the process of training a young child to use the toilet for urination and defecation, though training may start with a smaller toilet bowl-shaped device (often known as a potty). The evaluatory research approach and pre-experimental one group pre-test post-test design were used. The population of the study was all the mothers of toddlers in Pediatric ward and OPD at Sree Balaji Medical College and Hospital, Chromepet, Chennai. The sample size was 30 mothers of toddlers. Non-probability convenience sampling technique was used. The data were analysed by using descriptive and inferential statistics. With regard to the association of chi square among mothers of toddlers with the demographic variables showed that the occupation of mother-Homemaker ( $\chi^2=9.012, p=0.029$ ) had shown statistically significant association with post-test level of knowledge regarding toilet training among mothers of toddlers at  $p<0.05$ . So, structured teaching programme is effective in improving the knowledge of the mothers of toddlers regarding Toilet Training.*

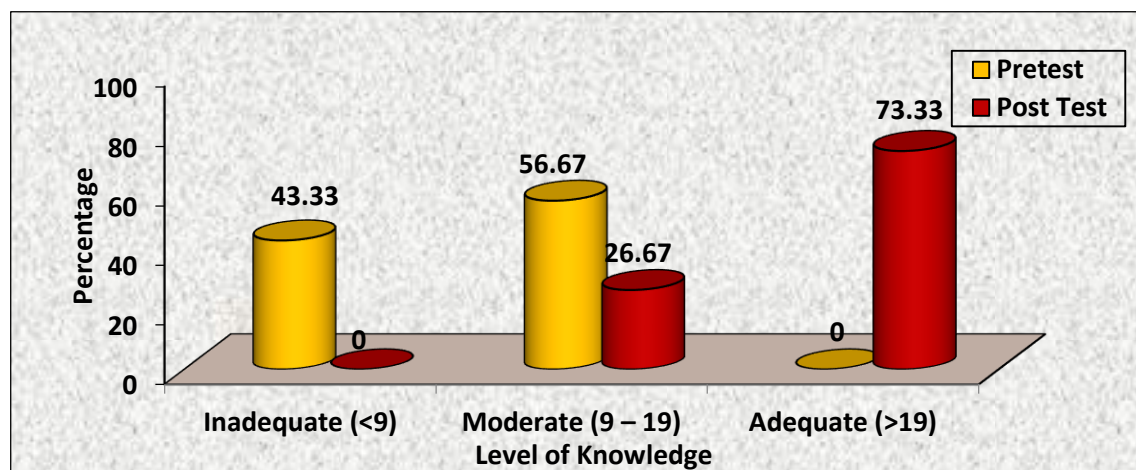
**Keywords:** Knowledge, Toilet training, Mothers, Toddlers

## INTRODUCTION

Toilet training, or potty training, is the process of training a young child to use the toilet for urination and defecation, though training may start with a smaller toilet bowl-shaped device (often known as a potty). The correct knowledge and awareness among parents or caregivers are very essential to the success of the child. It is essential to find a success in each child, it becomes essential for the parents to be aware of proper guidelines.

## OBJECTIVES OF THE STUDY

- To assess the pre-test level of knowledge regarding toilet training among mothers of toddlers.
- To assess the post-test level of knowledge regarding toilet training among mothers of toddlers.
- To evaluate the effectiveness of structured teaching programme on toilet training among mothers of toddlers.
- To find an association between post-test knowledge score with selected demographic variables.



## NULL HYPOTHESIS

NH1. There is no significant difference between pre-test and post-test level of knowledge regarding Toilet Training among mothers of toddlers.

NH2. There is no significant association between the mean difference and the selected demographic variables.

## METHODOLOGY

The evaluatory research approach and pre-experimental one group pre-test post-test design were used. The population of the study was all the mothers of toddlers in Pediatric ward and OPD at Sree Balaji Medical College and Hospital, Chromepet, Chennai. The sample size was 30 mothers of toddlers. Non-probability convenience sampling technique was used. The data were analysed by using descriptive and inferential statistics.

## RESULTS

**Table 1:** Frequency and percentage distribution of pre-test and post-test level of knowledge regarding toilet training among mothers of toddlers.

N = 30

Level of Knowledge	Pre-test		Post Test	
	Frequency (F)	Percentage (%)	Frequency (F)	Percentage (%)
Inadequate ( $\leq 10$ )	13	43.33	0	0
Moderate (11 – 20)	17	56.67	8	26.67
Adequate (21 – 30)	0	0	22	73.33

The table 1 shows that in the pre-test 17(56.67%) had moderate knowledge and 13(43.33%) had inadequate knowledge whereas in the post test, 22(73.33%) had adequate knowledge and 8(26.67%) had moderately adequate knowledge regarding toilet training among mothers of toddlers.

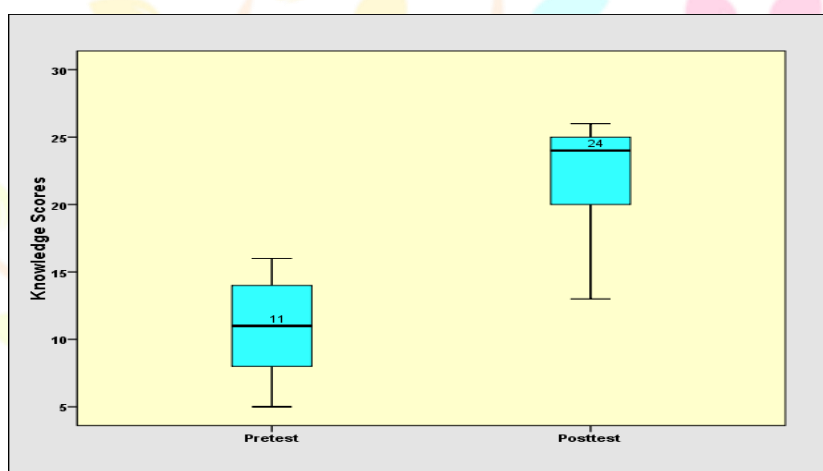
**Table 2: Effectiveness of structured teaching programme on knowledge scores regarding toilet training among mothers of toddlers.**

N = 30

Knowledge	Mean	S. D	Mean %	Mean Difference %	Paired 't' Test Value
Pre test	10.83	3.33	36.1%	11.93 (39.8%)	t= 13.786 p = 0.0001 S***
Post Test	22.76	3.16	75.9%		

\*\*\*p&lt;0.001, S – Significant

The table 2 portrays that the pre-test mean score of knowledge was 10.83±3.33 and the post-test mean score was 22.76±3.16. The mean difference score was 11.93(39.8%). The calculated paired 't' test value of t = 13.786 was found to be statistically significant at p<0.001 level which shows that there was significant difference between the pre-test and post test scores of knowledge mothers of toddlers. This clearly infers that Structured Teaching Programme on knowledge regarding toilet training administered among mothers of toddlers was found to be effective in improving their level of knowledge in the post test.

**CONCLUSION**

The mothers of toddlers have moderate knowledge on toilet training before structured teaching programme. The investigator analysed the data, there was significant improvement in post-test knowledge score. The knowledge improvement mean score was 11.93 and 't' value 13.786 which shows the effectiveness of structured teaching programme. The analysis results can be beneficial to mothers coming to day care centers, creche, balwadis, under clinics. So, the structured teaching programme is effective in improving the level of knowledge of mothers of toddlers.

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