

Effectiveness of Puppet show on toilet training in terms of expressed practices of mothers in selected area of Ambala, Haryana

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Abstract

Toilet training is a progressive process that consists of several stages for which the child must acquire both physical and cognitive self-control. The present study was aimed to assess the effectiveness of puppet show in term of expressed practices of mothers regarding toilet training before & after implementation of puppet show. Pre-test & post-test design was used and 40 mothers were selected using purposive sampling technique. Expressed practice checklist was used for data collection. The findings of the study were the mean of the posttest expressed practices score of mother (12.17) and mean of the pretest expressed practices score was (10.67) with the mean difference at 1.64. The computed t value (5.75) was found to be statistically significant at 0.05 level of significance. Thus it can be inferred that puppet show was effective to enhancing the expressed practice skills of mother regarding toilet training.

Keywords: Puppet show, toilet training, Ambala

Introduction

Children are blooming buds. They are the important asset of nation. As children grow, they must learn not only to care with current demands but also to prepare themselves for the many unexpected events, they may face in near future due to changes brought by new techniques and technologies. Children are expected to grow and learn to the fullest potential. Parents serve as advocates for children in order to meet their needs of education and health care.¹

Toilet training can be considered as a progressive process that consists of several stages for which the child must acquire both physical and cognitive self-control. It

includes undressing, going, wiping, dressing, flushing and hand washing. It is an individualized task for each child. It should begin and be completed according to the child's ability to accomplish it, not according to a set schedule. Enuresis, more commonly called bed-wetting, is a disorder of elimination that involves the voluntary or involuntary release of urine into bedding, clothing, or other inappropriate places. In adults, loss of bladder control is often referred to as urinary incontinence rather than enuresis; it is frequently found in patients with late-stage Alzheimer's disease or other forms of dementia.

Materials and methods

This study was conducted among rural population. The population of the present study was mothers who were having children of 1-3 years of age. The study was conducted in the selected rural area (Budhion village), Ambala. The study includes mothers of children who were between ages group 1 to 3 years. Present at the time of data collection. The study excludes mothers of children who were willing to participate in the study. Were belonging to health care profession. Co morbid illness like mentally retardation, intellectually impaired, hearing and verbally impaired children. Sample size of 40 rural mothers was selected by using purposive sampling technique. Permission for conducting study was obtained from institutional ethical committee of Maharishi Markandeshwar University, Mullana, Ambala. Consent from was prepared for the study subjects regarding their willingness to participate in the research project. Purpose of the study was explained to sample subjects before data collection. Self introduction and introduction of the study will be given to the community mothers. Formal administrative approval was obtained from the village Sarpanch, Budhion, Ambala. Informed consent was obtained from the respondents and were assured about the confidentiality of their response. The final data collection was carried out in the month of December; 2015. Data was collected from 1st December 2015 to 31 December 2015. 40 Mother were selected by purposive sampling technique. The pre-test was done from 1st December to 4th December, 2015 covering 5 mothers each day. Then, the puppet show was shown from 5th December 2015. After 7 days, the post-test of students was done from 12th December, 2015 covering 5 mothers each

day. It took 15-20 minutes to collect the data from one mother related to practices of mother on toilet training. (10 minutes for demographic variables and 10 minutes expressed practices checklist) There was full cooperation from the mothers. The data was collected and the raw data was presented in the master data sheets. The reliability coefficient for the expressed practice checklist was calculated using Cronbach's alpha which came out to be 0.81. The acceptable range of Cronbach's alpha reliability coefficient is 0.6 -0.9. Statistical analysis was prepared by using SPSS 16.0 for window. The data was analysed both descriptive and inferential statistics i.e., Range, mean, median, and Standard deviation and "t" test and one way ANOVA.

Results**Description of demographic variables**

The data presented in the table 1 shows that Less than half of children (30%) were in age group of 16-18 months with male & female gender representing 20(50%) of the sample. Majority of mothers (95%) were belonged to the Hindu religion. Less than half of mothers (54%) were from joint family & half of mothers (37%) were primary education status. More than half of mothers (63%) were homemaker. Less than half of the mothers (43.5%) had their family income between Rs 4000 & above. Majority of mother (95%) were vegetarian. Maximum toilet facilities (77%) were available at home.

Table 2 revealed that the mean post-test expressed practice score (12.17 ± 0.29) was higher than the mean pre-test score (10.67 ± 0.28), suggesting the effectiveness of the puppet show in improving the expressed practices of mothers regarding toilet training.

Table 1: Frequency and Percentage Distribution of Demographic variables of mothers of children in selected area (N=40).

S. No.	Demographic variables	f	%
1	Child age in years		
1.1	12- 15 month	7	18
1.2	16-18 month	12	30
1.3	19-21 month	11	27
1.4	22 -36 month	10	25
2.	Gender of child		
2.1	Male	20	50
2.2	Female	20	50
3.	Number of children in the family		
3.1	1	13	32
3.2	2	20	49.8
3.3	3	5	13.2
3.4	4 and above	2	5
4.	Religion		
4.1	Hindu	39	95
4.2	Muslim	0	0
4.3	Sikh	1	5
4.4	Other	0	0
5.	Type of family:		
5.1	Nuclear	19	46
5.2	Joint	21	54
6.	Education of mother		
6.1	Non literate	9	22
6.2	Primary	15	37
6.3	Secondary	13	32
6.4	Senior secondary	3	9
7	Occupation of mother		
7.1	Unemployed	3	7
7.2	Private	5	12
7.3	Government	7	18
7.4.	Homemaker	25	63
8.	Family income per month:		
8.1	Rs2000/-	1	2.4
8.2	Rs2000-3000	8	20
8.3	Rs 3000/ to 4000	14	34.1
8.4	Rs 4000 /to above	17	43.5
9.	Dietary Habits :		
9.1	Vegetarian	38	95
9.2	Non- Vegetarian	2	5
10.	Toilet facility		
10.1	No	9	23
10.2	Yes	31	77

Table 2: Mean Median and Standard deviation of Pre-test and Post-test Expressed Practices Score of Mothers of children (N= 40).

Expressed Practices Score	Range	Mean \pm SD	Median
Pretest	7-14	10.67 \pm 0.28	11
Posttest	8-15	12.17 \pm 0.29	12

Minimum score-0, Maximum score-25

Table 3: Mean, Mean difference, Standard Deviation Differences, Standard error of mean difference and “t” value of pre-test & post-test expressed practices score (N=40).

Expressed Practice score	Mean	Mean _D	SD _D	SE _{MD}	t Value	P Value
Pre –test	10.67	1.50	1.64	.260	5.75	0.001*
Post –test	12.17					

“t”(39)=2.021 ($p \leq 0.05$)

* Significant^{Ns} :-Not significant

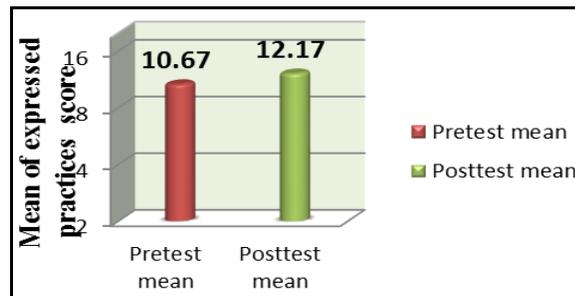
**Figure 1: Bar graph showing pre-test and post-test expressed practice score of mothers.**

Table 3 revealed that the mean of the post-test expressed practices score of mother (12.17) and mean of the pre-test expressed practices score was (10.67) with the mean difference at 1.64. The computed t value (5.75) was found to be statistically significant at 0.05 level of significance. The research hypothesis H1 was accepted and null hypothesis H01 was rejected. Thus it can be inferred that puppet show was an effective method to improve the practices of mothers regarding toilet training.

Finding related to expressed practices

The mean post test score (12.17) was higher than the mean pre-test score (10.67),

suggesting the effectiveness of the puppet show.

One way Anova and t value showing association of post-test expressed practices score of mother. The computed anova/t value of age(0.753), gender(934), No. of children (.162), religion(.328), type of family(.579), educational status(.856), occupation of mother(.453), family income(.908), dietary habits(.368), source of facility(.550) were found to be statistically non significant. This shows that there was no significant association between mothers post-test expressed practices score and other variables.

Discussion

The results of the present study indicated that the mothers viewed day time toilet training child easy learned and in the study by Elias MJ, Kress JS study conducted on “Parents practice on child oriented approach to toilet training” at Harvard Medical School. In which found that initial success in both bowel and urinary control in 79.5% and 12.3% in bowel control alone and 8.2% in urinary control. First accomplishment was at an average of 27.7 months. Daytime

training was between 2 and 2 1/2 years in 80.7% of this group. Night time training was accomplished by 3 years in 80.3% of cases. Age of completion of all training was 33.3%. Males took 2.46 months longer for complete training.

Another similar finding was practices of mother on toilet training by Treece, E.W., Treece J.H. Elements which was found to be teaching programme was effective in improving the knowledge of mothers as evidenced by the scores of the pre-test and post –test. The post-test mean value (26.68) was higher than the pre-test value (16.14), the mean difference between pre-test and post-test was (10.53) and the obtained paired “t” value is (28.30) which was highly significant at ($p \leq 0.01$) level. The study concluded that most of the mothers gained adequate knowledge on toilet training to children.

The present found that the many problem arising during toilet training and set a schedule for toilet training to children. These finding consistent with the study finding of Blum NJ, Taubman B and Nemeth N It was found out that early potty training parent, whose children had fewer bladder problems, tended not to use child led potty training. They train their children by scheduling potty breaks and giving fluids on a schedule. For example, giving milk at lunch and then taking child to potty after lunch and about an hour later.

The findings of the present study revealed that the mothers providing the different treatment regarding toilet training .this study was consistent with the study conducted by Pashapour N, Golmammadlou S, Department of Paediatrics, Oromieh University of Medical Sciencein. The frequency of nocturnal enuresis was 7.7%. Enuresis frequency was significantly higher among boys (8.6%) than girls (6.7%). Treatment methods used were: medication, water restriction, awaking for voiding and enuresis alarm in 57.8%, 18.1%, 11.5% and

2.6% of cases respectively. The frequency of nocturnal enuresis is similar to other studies but treatment methods were different. The study is limited to only one selected area; hence it was difficult to make broad generalization of the finding.

Conclusion

The following conclusions are drawn from the findings of the study: Deficit in practices of mothers on toilet training to children in all content area in varying degrees. The puppet show was effective in enhancing the expressed practices of mothers regarding toilet training. Mothers gained expressed practices in all content area. However, the highest mean percentage gain was in the toilet training to children. There was no significant association between post- test expressed practices score with selected demographic variables. Thus the puppet show was effective on toilet training in terms of improving practices of mothers of children.

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