

## Conference Paper

# Efforts of Parents in Toilet-training 18-36 Months (Toddler) Children

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## Abstract

Toddler is a child aged 12 months to 36 months that has increased independence and accompanied by increased cognitive abilities and mobility. Toilet training is an exercise for urination and defecation in children aged 18 to 36 month or age toddler with the aim of independent children. Describe and analyze the efforts of parents in teaching toileting to children in Posyandu Asparaga Bendogerit Urban Village, Sananwetan District, Blitar City. Research design This uses the type of descriptive design. The method used in this study namely using interviews and observation. The study was conducted at the participant's home after collecting data at the Asparaga Posyandu in Bendogerit Village Sananwetan District in March-April 2019. The research was obtained 3 themes, namely the theme of children's readiness in toilet training, the theme of efforts of parents in toilet training, and the success of toilet training in children. On the theme of child readiness In toilet training, most children between the ages of 18-36 months already have readiness to be given toilet training. On the theme of the efforts of parents in toilet training in children, most participants have done toilet training for children. on the theme of the success of toilet training in children, most children still have not succeeded in toilet training, it is shown by the child not being able to express wishes Before pooping, still use pampers at a certain time and still experience bedwetting at night and during the day.

**Keywords:** Toddler, Toilet Training.

## 1. Background

According to article 132 of Article 132 of Law Number 36, children born are required to be raised and cared for responsibly so that children can grow and develop in a healthy and optimal manner. Every child has the right to get good love and care from their parents. One of them is toilet training in children.

"Toilet training in children is an attempt to train children to be able to control urination or defecation. Toilet training in general can be implemented in every child who has begun to enter the phase of independence in children. This phase is usually in children aged 18-24 months. Children need physical, psychological and intellectual preparation in conducting this toilet training "(Febrian in Hidayat 2016).

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According to the Journal of Pediatric (2002) in Buston & Septiyani (2017) said more than 50 percent of children in America over the age of 36 did not succeed in toilet training, this is due to many children taking diapers up to the age of 4 years. According to the Household Health Survey (SKRT) (2009) in Buston & Septiyani (2017) it is estimated that the number of children under five who are still having difficulty controlling bowel movements and BAK at the age of up to preschool reaches 75 million children. In the study of Buston & Septiyani in 2017 said, the incidence of bedwetting children was greater in the percentage of boys, 60% and girls 40%. Statistics show that 25% of children bedwetting at the age of 5 years will decrease 5% at the age of 10 years.

Based on research conducted by Agustina and Saptia in 2015 in the Journal of Ners and Midwifery Volume 2 Number 2, the biggest factor that caused toilet training failure was how to teach toilet training 94.5%, 91% emotional readiness and parenting parents 61, 8%. Research conducted by Mendur, Rottie, & Bataha in 2018 in the Nursing e-journal (e-Kp) Vol. 1 No.1 said, there was a relationship between the role of parents and toilet training abilities. Of the 40 respondents found 14 respondents (35%) had a good parent role with 12 children (85.7%) had good toileting skills and 2 children (14.3%) had poor toileting skills, 26 respondents (65%) has the role of poor parents with 7 children (26.9%) having good toileting abilities and 19 children (71.1%) having poor toileting abilities.

The number of toddlers in Indonesia is 23,848,283 and in East Java 2,302,731 (Ministry of Health, 2017). While the number of children under five in Blitar City was 11,573 and 2,928 in Sananwetan. The number of toddlers aged 18 to 36 months in Asparaga Posyandu is 33 toddlers. Based on interviews conducted by researchers to mothers in Asparaga Posyandu, Bendogerit Subdistrict, Sananwetan District, Blitar City, 8 mothers said their children had been taught toilet training and were able to poop themselves and observations of researchers from 8 children did not use diapers, 9 mothers said his children cannot urinate on their own and still use diapers, 3 mothers say their children have been taught toilet training but sometimes still wet the bed and only use diapers while sleeping, 1 mother says her child has been taught toilet training, has been able to urinate alone and only uses diapers when just traveling.

The first factor that influences the role is the age of the mother, 26-35 years (66.7%) where in such an age range parents have a busy life in the home and the work that causes parents tired and stressed. The second factor is education, where (75%) parents have secondary education (high school). With a secondary education background, parents will also not understand about the problems that occur in children because the insights about the role of parents are still less than the parents who have college education background "(Mendur, Rottie, & Bataha in Devi in [ejournal.unstrat.ac.id](http://ejournal.unstrat.ac.id), 2018).

Efforts that can be made for toilet training, namely, paying attention to children's development readiness, providing knowledge about toileting, showing good examples of children and giving a positive appreciation of children's abilities. The high activity and craft of parents in the teaching process also affects so that children can defecate and BAK independently dit toilet. Encourage your child and grow awareness of his needs to go to the toilet when he wants to pee or defecate (Dwi, 2011).

According to Sari in 2017, children are said to be successful in the toileting process if, children can control and hold back when they want to urinate, are able to communicate with adults when they want to defecate, if they cannot hold back the water they can run themselves to the bathroom, the child does not wet during the day and night. According to Wahyuningtyas in Supartini in 2009, when the bladder control phase occurs, the child will go through several stages according to his age. Since the age of 15 months the child has realized that the diaper and clothes are wet or dirty. At the age of 18 to 24 months the child is able to distinguish between urinating or large and can learn words to tell. Age 2 1/2 to 3 years he can tell before urinating. At the age of 3 years he can control and resist the urge to urinate for several hours.

## 2. Method of Research

This research uses descriptive research design. The research participants were parents of children who participated in the Asparaga posyandu. The sample size is 15 participants. Data collection was done by observasi and interview. The time of data collection is carried out in March-April 2019.

## 3. Result & Discussion

In general, some themes were identified, namely children's readiness in toilet training, parental efforts in toilet training, and the success of toilet training.

### 1. Child Readiness in Toilet Training

On the theme of children's readiness in toilet training described in 3 sub themes that have been obtained, namely:

#### 1) Physical readiness of children.

From the sub-themes of physical readiness, there were two categories, namely, independence, taking off and wearing pants and independence, doing squatting and sitting.

## 2) Intelligence readiness of children.

In the sub-themes of intelligence readiness of children there were 4 categories, namely, the ability to follow instructions, watering independence after urinating and defecating, having the ability to distinguish urination and defecation, having the ability to imitate. Kesiapan anak secara psikososial

2. On the sub-theme of intelligence readiness of children found the category shows a cooperative attitude when in the bathroom.

The toddler age is in the range from childhood to walking alone until they walk and run easily, which is close to 12 to 36 months of age "(Raffane in Potter and Perry, 2016).

"At this time a child begins to learn to determine the direction of his development, a phase that underlies the degree of health, emotional development, degree of education, self-confidence, social skills, and abilities of a child in the future" (Raffane, 2016).

According to Nurlaila, Utami, and Cahyani in 2018, the development of psychosexual toddlers is that children are more focused around the anal, have a pleasant feeling related to urination, prefer to play with their own feces, and others.

"At this stage the child has the ability to do several activities independently such as eating, walking or wearing sandals. During this period, children tend to be active in all things, so parents are encouraged not to limit the movement and independence of children too much "(Admingenre in Erikson, 2018).

Signs of the child are ready to do toilet training, namely:

1. Do not wet your bed for a few hours a day or if your child gets up without wetting a bit.
2. When you urinate, you have already thought about it.
3. You can tell that your pants are wet / dirty.
4. Interested in the habit of entering the toilet in the toilet like the habits of other people in his house.
5. Ask to be taught to use the toilet.
6. Knowing the time to urinate and defecate.
7. Can't stand wearing wet and dirty diapers (Iir in Hidayat, 2015).

According to researchers when children step on the age of 18-36 months are good times to train children in urinating or defecating independently. Before practicing toileting in children, it is very important to understand child development, especially psychosexual and psychosocial development. At this time the child's development is enough to start in training toileting.

Efforts of Parents in Toilet Training in Children. The theme of parents' efforts in toilet training in children is described in 3 sub themes, namely:

1) Oral technique

In the sub-theme of oral techniques, the categories provide simple instructions.

2) Modeling Technique

In the sub-theme modeling technique there were 2 categories, namely, giving examples of how to urinate and defecate and using toilet training aids

3) Principles of Toilet Training

On the sub-theme of toilet training principles, there were 4 categories namely, explaining about urination and defecation, supervising children in the toilet until finished, giving positive appreciation, and not punishing if the child is unable to dispose of toilet water.

Some participants in training toileting for children are less organized because of busy work so that the intensity of time with children becomes less. Most participants practice toileting twice a day when bathing in the morning and evening, because it is considered more practical to train toileting. In addition, participants pay less attention to urination routines and defecation in children.

"The needs assessment of toilet training before the implementation of toilet training is something that must be considered, given that in its implementation the child may experience success or failure" (Hutomo, 2012). "Needs assessment of toilet training is a matter that must be considered before children urinate and defecate, to prevent failure, it is necessary to do a physical, psychological, and intellectual assessment (Sari in Hidayat, 2017). Toilet training is a process when a child learns to waste small and defecate in the toilet as an adult (Kevin, 2018). According to the Three Generations of 2017 said, the things that need to be done when toileting training, namely:

1. Pay attention to signs of children's readiness in starting their training toilet

Note the routine of urinating and defecating in children so that they can predict the time to train toileting.

2. Give a pleasant explanation about toilet training to children, such as in the form of picture books, showing children's songs, and playing hand puppets.

3. Show appreciation to the child by giving praise and hugs when he shows progress in toilet training.

4. When the child has not managed to communicate and not to the toilet when urinating give an explanation with a good sentence.

According to the Indonesian dictionary the notion of effort is an action taken by someone, to achieve what is desired or is a strategy. Effort is a dynamic aspect in status (status) of something. If someone does his rights and obligations according to his position, he explains an effort. Efforts are explained as a business (condition) in a way, it can also be referred to as an activity carried out systematically, planned and directed to keep things from becoming widespread or arising.

Parents are older people or older people, consisting of mothers and fathers who are teachers and prime examples for their children because parents interpret the world and society in their children (Friedman, 2010). According to the Three Generations of 2017 said things to avoid in toileting training, namely:

1. Don't expect too high with a child's success because toilet training can take several weeks to several months, depending on the child's readiness and abilities. keep in mind that the development of each child is different.
2. Don't press, force or show disappointment when the child fails the toilet training process.
3. Don't use punishment when the child is uncooperative like fuss when sitting on the toilet
4. Don't start toilet training when conditions are full of pressure, such as moving houses, divorce, family disputes, and so on.

According to researchers, when children have been introduced to the habit of going to the bathroom, children also develop the ability to recognize the body's signals to urinate and defecate. Toileting training activities can simultaneously teach discipline and independence of children and reduce dependence on the use of diapers. To achieve the success of toilet training, parents need to understand and do the toilet training well.

Success of Toilet Training in Children. On the theme of the success of toilet training in children described in 2 sub themes, namely:

1. Saying the desire to urinate and defecate

In the sub-theme said the desire to urinate and big water was obtained by 2 categories, namely, revealing after urinating and revealing before urinating.

2. Dependence on the use of diapers

In the sub-theme, the use of diapers depends on two categories, namely bedwetting day and night and using diapers at certain times.

According to the Journal of Pediatric (2002) in Buston & Septiyani (2017) said more than 50 percent of children in America over the age of 36 did not succeed in toilet

training, this is due to many children taking diapers up to the age of 4 years. Toilet training is said to be successful if:

1. Children want to tell if they feel like urinating or defecating
2. Children say to mothers if they urinate or defecate
3. Children are able to resist urination or defecation
4. Children never wet their bed or defecate (Sari, 2017).

According to researchers the success of children in toilet training is influenced by how parents' preparedness and strategy in training children. If parents understand the development of children and train toileting in children on a regular basis can increase the success of children in the independence of urinating in the toilet. In addition, children can avoid delays in toileting.

## 4. Conclusions & Recommendations

Child Readiness in Toileting Training. Physical readiness of children, namely children can sit squatting independently and take off and wear pants independently. Intelligence readiness of children, which can follow simple instructions, can water after urinating, can distinguish urination and defecation, and often mimic what is done by people around him. Psychosocial child readiness, namely children can be cooperative and show pleasure when activities ditoleit.

Efforts of Parents in Toilet Training in Children. Most participants have conducted toilet training for children. The things that are done by parents in training toileting in children are giving an explanation of defecation and urination, giving simple instructions if the child wants to urinate, accompanying them to the end when the child defecates in toilet, using toilet training, giving example for children how to dispose of toilet water, give positive appreciation when the child succeeds in defecating in toilet and does not give punishment to the child if the child defecates without toileting.

The success of toilet training in children. Most children still have not succeeded in toilet training. Shown by the child expressing after urinating, using diapers at certain times and still wet the bed at night and during the day.

## 5. Suggestion

For Research Sites. It is hoped that this research can be used as an additional reference source to conduct socialization about the socialization of parents' efforts in training toilet

training in children and also as a source of additional information on child nursing for reading in the library of the Health Polytechnic Ministry of Health in Malang D3 Nursing Study Program.

For Institutions. It is hoped that the results of this study can help the Asparaga Posyandu in Bendogerit Subdistrict, Sananwetan District, Blitar City every 1 month on a predetermined schedule to motivate parents to train toileting to children in the right age and readiness of mature children.

For further researchers. It is expected that the next researcher can dissolve the research with the theme of the delay factor of toilet training in children.

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