

## **Analysis Of Modeling Techniques Method To The Success Of Toilet Training For Toddler At Posyandu Mawar Working Area Wonorejo Health Center Kediri District**

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### **ABSTRACT**

Technical errors and parental attitudes in teaching toilet training. Toilet training is a task of growth and development of children toddler age for children to become independent.. The general purpose of this research is to know the Influence of Modeling Technique Method To The Success of Toilet Training For Toddler At Posyandu Mawar Working Area of Wonorejo Health Center Kediri District. The research design in this research is pre experimental design with one group pre test approach - post test design. The population of this research is all parents who have children aged 1-3 years in Posyandu Mawar. The sample size is 30 respondents taken by Simple Random Sampling technique. Variable dependent successful toilet training, variable independent method of modeling technique. The results of analysis using Mc Nemar. The result of this research was found that most of respondents who have children in the category of unsuccessful toilet training before were given 22 respondents (73.3%) modeling technique and most of the respondents who have children succeeded in doing toilet training after 27 modeling techniques (90%). The result of data analysis got p value = 0.000 <(0.05), which means that there is Influence Giving Method of Modeling Technique To Successful Toilet Training for Toddlers In Posyandu Mawar Work Area of Wonorejo Health Center Kediri Regency. Toddler-age children are often attracted to activities in the family bathroom, so it's wise to let children watch their parents when they go to the bathroom. By seeing adults using toilets, children will observe how to use the toilet so that they will have the same desire.

**Keywords :** Method of Modeling Technique, Toilet Training, Toddler Age

### **INTRODUCTION**

Childhood is the most important period in the process of personality formation and development in terms of physical, psychological, spiritual, and ethical-moral aspects. Child development is very important to note because it will affect the quality of human resources in the future (Andriani, 2013). The success of child development can be seen from the developmental tasks that must be completed in a certain period. Guidance from parents is a strong foundation in the success of child development (Wong, 2008).

An important period in a child's growth and development is the toddler or toddler period, where in this period growth and development takes place very quickly and will affect the next child's development (Soetjiningsih, 2014). Toddlers enter the anal stage where the focus of pleasure changes to the anal area, children are increasingly interested in the sensation of pleasure in the anal area. At this stage the child begins to be able to control bowel movements and urination. At this stage, it is the right time for parents to teach their children about toilet training (Soetjiningsih, 2014).

According to Walley and Wong in Luqmansyah (2009), through toilet training

children will learn how to control the urge to defecate which in turn will make them accustomed to using the toilet (reflecting regularity) independently. The closeness of parent-child interaction in toilet training will make children feel safe and confident. Failures in toilet training include the habit of wetting the bed continuous (children who have a habit of wetting their feet from birth and continue until they become adults and have a habit of open defecation. Reports on the results of the literature that have been carried out in Singapore are 15% of children continue to wet the bed after 5 years and about 1.3 % of boys and 0.3% of girls in the UK still have a habit of open defecation at the age of 7 years, this is due to failure in toilet training.

In East Java, the number of children and toddlers in 2016 was 2,899,420 people (Kemenkes RI 2016). Based on data in the Kediri district in 2016 the number of children aged 0-4 years was 123,515 people (Kediri Health Office Profile, 2016).

Based on data from the Wonorejo Health Center in 2017, the number of children aged 1-3 years in Posyandu Mawar was 30 children. On average, mothers at Posyandu Mawar tend to still use diapers for reasons of practicality in using diapers, so many parents choose to use this product. Cleaning bedding and floors is also easier than when toddlers don't use diapers. The thing that later became unconscious was that the use of diapers could become a routine habit and was considered to be used by toddlers all the time for 24 hours. This habit when viewed from a health perspective is actually not good, because toddlers' movements usually become less comfortable, as well as air contact circulation for body parts covered with pampers becomes less. Especially if the parents neglect to keep the toddler's body parts dry and not damp. The most likely effect is irritation of the skin in the waist or thigh area of toddlers.

A child's failure in toilet training can be caused by technical errors and parental attitudes in teaching toilet training. As revealed by Einsberg and Potter that patience is very important in the success of toilet training. In addition to patience, Einsberg and Gorski also revealed that consistency in the use of methods can also determine the success of toilet training. Children who fail in toilet training will have a negative impact. This negative impact is that the child will be able to experience an expressive personality, where the child is more willing, tends to be careless, likes to make fuss, is emotional, and arbitrarily in carrying out daily activities. In addition, children can also experience a retentive personality, where children tend to be stubborn and even miserly (Aziz Alimul Hidayat, 2008).

The success of toilet training depends on the readiness that exists in the child and family such as physical readiness, where the child's ability is physically strong and able to sit or stand so that it is easier for children to be trained to defecate, as well as psychological readiness where children need a comfortable atmosphere to be able to control and concentration in stimulating urination (Aziz Alimul Hidayat, 2008).

There are 2 techniques that parents can do to their children in toilet training, namely oral techniques and modeling techniques. The oral technique is done by giving instructions to the child while the modeling technique is done by imitating other people. In teaching toilet training, the right method or method is needed so that it is easily understood by children. The use of the right method will affect the success of mothers in teaching the concept of toilet training to children. Meanwhile, toddlers tend to prefer to imitate other people rather than listen to instructions. By watching adults use the toilet, children will observe how to use the toilet so that it will make them have the same desire (Sekartini, 2006).

Given the problems above, the method or method of teaching toilet training to children needs to be considered because the method taught affects the success of toilet training. Modeling technique is an effective method for teaching toilet training to childrentoddler age because on average they tend to prefer to imitate others rather than listen to instructions. By watching adults use the toilet, children will observe how to use the toilet

so that it will make them have the same desire (Umi Kartika, 2008).

Based on the above phenomenon, the researcher is interested in conducting research with the title "Analysis of Modeling Techniques on the Success of Toilet Training for Toddler Age Children at Posyandu Mawar".

This research aims to Knowing the Effect of Modeling Techniques on the Success of Toilet Training for Toddler Age Children at Posyandu Mawar.

## METHODS

This research is a quantitative research with using a correlation design with a Cross Sectional approach, which is a type of research that emphasizes the time of measurement or observation of independent and dependent variable data only once at a time. In this study, the population used were all parents who have children aged 1-3 years at the Mawar Posyandu with a total of 30 respondents.

The number of samples in this study were 28 respondents with a sampling technique using Simple Random Sampling. Data analysis using Mc Nemar test.

## RESULTS

**Table 1. Variable frequency distribution The Success of Toilet Training Before being given the Modeling Technique Method**

No	The Success of Toilet Training Before Modeling Techniques Are Given	F	%
1.	Succeed	8	26.7
2.	Not successful	22	73.3
	Amount	30	100

Based on table 1 above, it is known that of the 30 respondents (100%) most of the respondents who had children in the category of not being successful in toilet training before being given modeling techniques were 22 respondents (73.3%).

**Table 2. Variable frequency distribution The Success of Toilet Training After being given Modeling Technique Method**

No.	The Success of Toilet Training After Being Given Modeling Technique	F	%
1.	Succeed	27	90
2.	Not successful	3	10
	Amount	30	100

Based on table 2 above, it is known that of the 30 respondents (100%) most of the respondents who have children in the category of successfully doing toilet training after being

given modeling techniques are 27 respondents (90%).

### **Data analysis**

Based on the results of the analysis which was carried out using the Mc Nemar test to 30 respondents on 27 March to 2 April 2018 obtained value = 0.000 with  $\alpha = 0.05$ . Because the value of value = 0.000  $< 0.05$ , which means there is an effect of Giving Modeling Technique Methods to the Success of Toilet Training for Toddler Age Children At Mawar Posyandu, the Working Area of the Wonorejo Health Center, Kediri Regency

## **DISCUSSION**

### **The Success of Toilet Training before Giving Modeling Techniques to Toddler Age Children At Mawar Posyandu, the Working Area of the Wonorejo Health Center, Kediri Regency**

The results showed that most of the respondents who had children in the category of unsuccessful in toilet training before being given the modeling technique were 22 respondents (73.3%).

*Toiletting* is the ability to help oneself in terms of personal hygiene (including bathing, brushing teeth, shampooing, urinating and defecating) which must be taught to children as early as possible. But usually what is felt to be the most urgent is the ability to help oneself to be able to urinate and defecate. To be able to do toilet training, (specifically for urination and defecation) there are several things that must be met (Mubarak, 2010).

From the results of the study, most of the respondents had children in the unsuccessful category. Most of the respondents did not succeed in distinguishing if their stomach hurts because they want to defecate or because they are hungry, the child is not able to take off his own pants before defecating, the child does not go to the bathroom if he feels he is defecating, and is unable to squat properly and correctly for about 5 minutes. in the latrine. This is in accordance with the theory which states that there are two factors that affect the ability of toilet training, namely intrinsic and extrinsic factors. Where extrinsic factors include parental knowledge and parental support. In this study, children who have poor ability in toilet training are caused by parental education, and parental occupation. The most common impact in toilet training failure is the existence of strict treatment or rules from parents to children, which can interfere with the child's personality or tend to be retentive in which the child tends to be stubborn and even stingy. This can be done by parents if they often scold their children when they defecate and urinate carelessly. If parents are relaxed in giving toilet training rules, children will be able to experience an expressive personality where children tend to be careless, like to make fuss, emotional and arbitrarily in carrying out daily activities. from the results of the study, most of the parents of children with high school education/equivalent were 14 respondents (46.7%). which can interfere with the child's personality or tend to be retentive in which the child tends to be stubborn and even stingy. This can be done by parents if they often scold their children when they defecate and urinate carelessly. If parents are relaxed in giving toilet training rules, children will be able to experience an expressive personality where children tend to be careless, like to make fuss, emotional and arbitrarily in carrying out daily activities. from the results of the study, most of the parents of children with high school education/equivalent were 14 respondents (46.7%). If parents are relaxed in giving toilet training rules, children

will be able to experience an expressive personality where children tend to be careless, like to make fuss, emotional and arbitrarily in carrying out daily activities. from the results of the study, most of the parents of children with high school education/equivalent were 14 respondents (46.7%). If parents are relaxed in giving toilet training rules, children will be able to experience an expressive personality where children tend to be careless, like to make fuss, emotional and arbitrarily in carrying out daily activities. from the results of the study, most of the parents of children with high school education/equivalent were 14 respondents (46.7%).

Education is an extrinsic factor that affects the success of toilet training, because parental knowledge about toilet training is very important for parents to be able to train children in toilet training. Parental knowledge can determine how parents teach their children in toilet training so that children have sufficient ability to do toilet training.

A research result from Kusumaningrum (2011) shows that the knowledge of parents before and after being given toilet training health education is not significantly different. Early introduction to children about toilet training is good, but if it still doesn't work, there is nothing wrong because children will be taught from the age of 1 year. At the age of 1 year, children will experience the anal phase and this phase is the right time to teach toilet training to children. This is so important for parents to know so that toilet training exercises can be successful. Teaching toilet training to children requires patience and a long time so that in the end children can complete toilet training correctly. The success of toilet training depends on how to teach in stages and appropriate support for the child. It will take time to see results, but give your child hugs and praise when it works. Avoid scolding and making him sad, if you make a mistake. The penalty is simply to make the toilet training process take longer than it actually can.

### **The Success of Toilet Training after Giving Modeling Techniques to Toddler Age Children At Mawar Posyandu, the Working Area of the Wonorejo Health Center, Kediri Regency**

The results showed that most of the respondents who had children in the category of successfully doing toilet training after being given modeling techniques were 27 respondents (90%).

Toddler age children have a habit of liking to imitate what other people do, especially family members (Nursalam, 2012). Copying is a big part of the learning process at age two. Thus, an important milestone at the age of two is imitating the behavior of others, especially adults and older children (Shelov, 2014). Modeling technique is an effective effort to form new behavior in children by observing and imitating other people (models). Alwisol said that modeling techniques are not just imitating or repeating what a model (others) do, but modeling also involves adding and or subtracting observed behavior, identifying various observations at once, and involving cognitive processes (Alwisol, 2009).

From the results of the study, most of the respondents had children in the successful category. Most of the respondents succeeded in feeling that their stomach felt full or painful, which is a sign of wanting to defecate, the child will go to the bathroom if he feels he is urinating, the child is able to push in the toilet, the child is able to use sign language if he wants to defecate, the child does not wet the bed or defecate in the toilet. pants before going to the bathroom, and children's clothes are only slightly wet after toileting. Although there were 3 children who did not succeed in toilet training, there was an increase in doing it before and after being briefed by parents. This is because there are some respondents who do not teach children every day, some do not teach according to the SOP, and children who do not want to obey their parents. Before parents give examples to their children, researchers provide counseling about the correct way of toilet training. The counseling provided by the

researcher is an attempt to increase the mother's knowledge about toilet training.

Toddler age children are often interested in activities in the family bathroom, so it is wise to let children pay attention to their parents when they go to the bathroom. By watching adults use the toilet, children will observe how to use the toilet so that it will make them have the same desire. Characteristics of respondents that affect the results of the study are age, education and occupation. Age is a characteristic of physical maturity and personality maturity which is closely related to decision making. The more mature the age, the level of ability and maturity in thinking and receiving information is better when compared to a young or immature age. Starting at the age of 20 years, a person's thinking level will be more mature.

In this study, most of the respondents were aged 25-35 years and included in the age group or mature age so that it was easier to receive information in an extension. The older one gets, the more one's grasping power and mindset will develop, so that the knowledge gained is getting better. Most of the respondents have a high school education of 16 respondents (53.3%) and as many as 11 respondents (36.7%) had a junior high school education. Differences in education levels can affect a person's level of knowledge after being given counseling. Education can affect a person's perspective on the new information he receives, so it can be said that the higher the level of education, the easier it is for someone to receive information. Respondents' occupations, most of them work as housewives (IRT) as much as 17 respondents (56.7%). Mother's employment status can affect the opportunity and time used to improve mother's learning about toilet training. Mothers who work as housewives will have more time to provide examples and understanding to children when doing toilet training.

### **Giving Modeling Technique Methods to the Success of Toilet Training for Toddler Age Children At Mawar Posyandu, the Working Area of the Wonorejo Health Center, Kediri Regency**

Based on the results of statistical tests using Mc Nemar test to 30 respondents obtained the value of value = 0.000 < 0.05 which means that there is an effect of Giving Modeling Technique Methods to the Success of Toilet Training for Toddler Age Children At Mawar Posyandu, the Working Area of the Wonorejo Health Center, Kediri Regency.

The success of toilet training using modeling techniques is more effective than using oral techniques because of the advantages of modeling techniques that can be seen and imitated by children. This statement is in accordance with the opinion of Nursalam (2012) that toddlers prefer to imitate what other people do, especially family members. Children will understand something new faster by watching other people do it. These results are the same as the concept proposed by Eisenberg (1998), the National Library (2004), Qhania (2007), and Kurniasih (2008) that the best way to introduce children to using the toilet is to pay attention to other people (of the same gender). ) use the toilet everyday. Children will quickly imitate and understand easily rather than having to listen to many explanations.

Modeling technique is an attempt to train children to do by imitating, and giving examples or getting children used to defecate and urinate correctly. If parents set an example in the wrong way, it will have an impact on the child. Children will do the same as the example of parents. In addition, parents can observe when the child feels defecation and urination, the parent positions the child on the potty or the parent sits or squats in front of the child while talking or telling stories. Give praise if the child succeeds, but do not blame and scold if there are still mistakes. Get in the habit of going to the toilet at certain times and give your child pants that are easy to take off and put back on.

Where at toddler age children can do toilet training properly and correctly and children can do it independently. Furthermore, the child does not defecate and urinate in any

place, because he has recognized the signs of pressure in the bladder. Children can also be perceived that he is able to take off his clothes. Children at this age can sit or squat quietly for approximately 2-5 minutes so that children are not fussy during defecation and urination. As we know, at an early age children begin to imitate those around them. Parents should teach something good so that children imitate good, one of which is teaching toilet training from an early age.

However, not all children are successful in toilet training at an early age. If that happens, then the most important thing is that parents must teach more often and be patient in implementing toilet training for children. How to educate children is also very dependent on the child's ability to understand something that is taught to him. The power of concentration of children when capturing lessons is a maximum of 20 minutes. Toddler's ability to concentrate effectively for the first 5 minutes. If it is more than 30 minutes, it will be less effective because the child is no longer paying attention after 20 minutes.

## CONCLUSION

1. Most of the respondents who had children in the category of unsuccessfully doing toilet training before being given modeling techniques were 22 respondents (73.3%).
2. Most of the respondents who had children in the category of successfully doing toilet training after being given modeling techniques were 27 respondents (90%).
3. Existence of Giving Modeling Technique Methods to the Success of Toilet Training for Toddler Age Children At Mawar Posyandu, the Working Area of the Wonorejo Health Center, Kediri Regency with value = 0.000.

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