

The Relationship between Maternal Knowledge and Attitude with Children's Readiness for Toilet Training in Children of PAUD Alumna Islamic School Sukajadi

Sri Wahyuni¹, Ani Triana^{2*}, Ika Putri Damayanti³

^{1,3} Prodi S1 Kebidanan, Universitas Hang Tuah Pekanbaru, Pekanbaru, Indonesia

² Prodi D3 Kebidanan, Universitas Hang Tuah Pekanbaru, Pekanbaru, Indonesia

ARTICLE INFO

ABSTRACT/ ABSTRAK

Article history

Received: 03 June 2025

Revised: 23 June 2025

Accepted: 30 June 2025

Keywords:

Mother, Knowledge, Attitude, Toilet Training Readiness

Kata kunci:

Ibu, Pengetahuan, Sikap, Kesiapan Toilet Training

ABSTRACT. Toilet training is an effort to educate children to manage urination and defecation independently. Toilet training can be initiated at various developmental stages, typically between the ages of 18 months and 4 years. The process of training for urination and defecation requires physical, mental, and intellectual readiness, with the goal that the child will eventually be able to control these functions independently. The purpose of the study was to determine the relationship between maternal knowledge and attitudes with children's readiness for toilet training in Alumna Islamic School Sukajadi PAUD children. This research employed a quantitative analytic approach with a cross-sectional design. The sample consisted of 50 mothers with children enrolled in the playgroup class, selected using a total sampling technique. The data were analyzed using univariate analysis with frequency distribution and bivariate analysis with the Chi-square statistical test. The results showed a significant relationship between maternal knowledge and the child's readiness for toilet training ($p\text{-value} = 0.001 < \alpha = 0.05$), as well as a significant relationship between maternal attitude and toilet training readiness ($p\text{-value} = 0.021 < \alpha = 0.05$). It is expected that schools can conduct socialisation and education to parents about toilet training preparation and improve facilities for child-friendly toilet training for students at PAUD Alumna Islamic School.

ABSTRAK. Toilet Training merupakan suatu usaha untuk mendidik anak agar bisa mengatur buang air kecil dan buang air besar secara mandiri. Toilet training bisa dilakukan setiap fase kehidupan anak, yaitu antara usia 18 bulan hingga 4 tahun. Pelatihan BAK dan BAB membutuhkan persiapan fisik, mental, dan intelektual, dengan harapan anak akan dapat mengendalikan BAB dan BAK nya sendiri. Tujuan penelitian untuk mengetahui hubungan pengetahuan dan sikap ibu dengan kesiapan anak untuk toilet training pada anak PAUD Alumna Islamic School Sukajadi. Jenis penelitian yang digunakan dalam penelitian ini adalah analitik kuantitatif dengan desain cross sectional. Sampel dalam penelitian ini sebanyak 50 orang ibu yang memiliki anak di kelas kelompok bermain, dengan menggunakan Teknik sampling yaitu total sampling. Analisa yang digunakan adalah Analisa univariat dengan distribusi frekuensi dan Analisa bivariat dengan pengujian statistik chi square. Hasil penelitian menunjukkan terdapat hubungan yang signifikan antara pengetahuan terhadap kesiapan toilet training P-Value ($0,001 < \alpha < 0,05$), terdapat hubungan yang signifikan antara sikap terhadap kesiapan toilet training P-Value ($0,021 < \alpha < 0,05$). Diharapkan sekolah dapat mengadakan sosialisasi dan edukasi kepada orang tua tentang persiapan toilet training dan memperbaiki fasilitas untuk toilet training ramah anak bagi siswa di PAUD Alumna Islamic School.

Corresponding Author:

Ani Triana

Prodi S1 Kebidanan, Universitas Hang Tuah Pekanbaru, Pekanbaru, Indonesia

Email: anitriana@htp.ac.id

INTRODUCTION

Toilet Training is a method used to teach children to defecate and urinate in the bathroom at appropriate times according to their age and social environment. The toddler age is an important stage in a child's development. It is a time of fundamental growth that influences and determines the child's later development. During this phase, language skills, creativity, social awareness, emotions, and intelligence develop rapidly, laying the foundation for future progress (Ummah, 2019).

Research conducted in the United States states that the average age at which children can use the toilet is 35 months in girls and 39 months in boys. By the age of three, about 90 per cent of children can control their bladder during the day. By five to six years of age, almost 90 per cent of children can stop bedwetting (Adhistry, et al., 2023)

According to the Indonesian Ministry of Health (2018), there are an estimated 23. 604. 923 children aged 0-4 years in Indonesia. Results from a household health survey (SKRT) conducted by Indonesia's National Health Research and Development Board found that approximately 75,000,000 preschool children experience problems controlling urination and defecation. Among toddlers (aged 1-3 years), 40% were toilet trained, while 60% had not completed the training. Some preschoolers report feeling afraid of urinating and defecating at night. Bedwetting is also quite common in Indonesia, with a prevalence of 12%. This indicates that toilet training is crucial for toddlers (Hijriyati, et al., 2024).

A study showed that more than half of mothers (55.8%) had a low understanding of toilet training in children and did not implement toilet training in their children. While the other mothers (44.2%) had a good understanding of toilet training and had incorporated toilet training into their children's daily routine. Mothers' understanding of toilet training can be assessed by the extent to which mothers recognise their children and help them to train defecation and toileting correctly. The method or technique of toilet training is influenced by various factors, including education and information from health workers (Tawakalni, 2021).

Parents should play a significant role in toilet training so that children are willing to defecate and urinate, and learn to do so independently. However, in parenting, sometimes parents set rules that are too strict, making the child feel pressured, for example when the child wets the bed. Parents may become angry and not educate the child properly, yelling or scolding them, which can have a negative impact on the child's mental development. In addition, sometimes parents are lacklustre and inconsistent in teaching their children to use the toilet. This can happen for various reasons, such as not having enough time due to busy work, lack of knowledge, using childcare services, and others. The successful implementation of toilet training to children can be influenced by the mother's attitude in educating her child. Mothers' attitude is very important in teaching toilet training to children. The better and more appropriate the mother's attitude, the faster the child will understand about toilet training. A good mother's attitude means being able to accompany the child's development process with full responsibility and being able to combine various teaching methods, such as giving examples using pictures, videos, and hands-on practice, so that children understand toilet training more easily (Sambo, et al, 2023).

The results of previous research conducted by Warlenda, et al (2017) among several mothers who have children in the environment of PAUD Islam Cerliana Pekanbaru City, showed that the majority of respondents did not do toilet training, namely 23 children (56,1 %) and participants who had done toilet training were 18 children (43,9%). The results of further research conducted by Sambo, et al (2023), said 11 respondents (19%) had good readiness for toilet training, 13 respondents (22,4%) had sufficient readiness, and 34 children (58.6%) had less readiness.

The results of interviews conducted by researchers with PAUD Alumna Islamic School Sukajadi teachers show that the number of students and students in the Playgroup (KB) is 50 children divided into 2 classes, Class A totalling 21 people and Class B totalling 29 people. Of the total 50 children, 40 children (80%) were not ready for toilet training and 10 children (20%) were ready for toilet training. From the observation, the school toilet is quite far from the classroom and is still not safe for children so that teachers still accompany children when going to the toilet to prevent children from slipping or falling. From the interviews with 10 mothers who have children in the KB class, it was found that all (100%) did not know the normal age at which children stop wetting the bed and the importance of the benefits of toilet training. A total of 9 mothers (90%) had a negative attitude because they thought their children would be scolded if they wet their pants. A total of 8 mothers (80%) believed that teaching toilet training is not necessary because children will eventually become independent and mothers do not have a significant influence on toilet training. Therefore, the author wanted to examine the relationship between maternal knowledge and attitudes with children's readiness in toilet training at PAUD Alumna Islamic School Sukajadi. This study aims to determine the relationship between maternal knowledge and attitudes with children's readiness in toilet training at PAUD Alumna Islamic School Sukajadi.

RESEARCH METHOD

The type of research used is correlation analysis using quantitative methods to see the relationship between maternal knowledge and attitudes towards toilet training in children at PAUD Alumna Islamic School Sukajadi (Notoatmodjo, 2021). The design used is cross sectional. This research was conducted at PAUD Alumna Islamic School Sukajadi. The research time was in April 2025. The population is all parents who have children aged 2-4 years (Play Group) at PAUD Alumna Islamic School Sukajadi as many as 50 people. In this study using a sampling technique with a total sampling approach, namely the entire population was taken as a sample. This study used a questionnaire instrument to measure knowledge, attitudes and toilet training readiness in children of PAUD Alumna Islamic School Sukajadi. Data analysis in this study used a univariate analysis approach to explain or describe the nature of each variable observed in the study and to determine the distribution and percentage of each variable. Researchers also used a bivariate analysis approach to measure the relationship between maternal knowledge and attitudes towards toilet training readiness in children at PAUD Alumna Islamic School Sukajadi. The application used in analysing research data is the SPSS version 21 data processing application, with the Chi Square statistical test used with $\alpha = 0,05$. The test results show that the relationship between variables (significant) if P value $< 0,05$.

RESULTS

The results of research conducted on 10-16 April 2025 on 50 respondents at PAUD (Early Childhood Education) Alumna Islamic School Sukajadi, the researcher obtained the following results:

Univariate Analysis of Maternal Knowledge, Attitude and Toilet Training

Table 1. Frequency distribution of mothers' knowledge, attitude, and toilet training readiness at Alumna Islamic School Sukajadi PAUD.

Variable	Frequency	
	N = 50	%
Knowledge		
Less	33	66.0
Good	17	34.0
Total	50	100
Attitude		
Negative	32	64.0
Positive	18	36.0
Total	50	100
Toilet Training Readiness		
Not Ready	35	70.0
Ready	15	30.0
Total	50	100

Source: Primary data of the study in 2025

Table 1 shows the frequency distribution of knowledge, mother's attitude and toilet training readiness at Alumna Islamic School Sukajadi PAUD. The results of the univariate analysis showed that the majority with less knowledge were 33 people (66%). Mothers who have a negative attitude are 32 people (64%), and there are still many children who are not ready to do toilet training as many as 35 people (70%).

Bivariate Analysis

Bivariate analysis is an analysis to see the relationship between independent variables, namely maternal knowledge and attitude with the dependent variable, namely toilet training readiness. The test performed is the Chi-Square test with the provisions of P value $<0,05$. If the P value $<0,05$, it can be concluded that H_0 is rejected, meaning that the two variables show a significant relationship.

Table 2. The relationship between maternal knowledge and toilet training readiness in children of PAUD Alumna Islamic School Sukajadi.

Knowledge	Toilet Training Readiness				Total	P-value
	Not Ready		Ready			
	n	%	n	%	n	%
Less	28	84,8	5	15,2	33	100
Good	7	41,2	10	58,8	17	100
Total	35	70,0	15	30,0	50	100

Source: Primary data of the study in 2025

Based on the results of statistical tests in table 2, it can be seen that respondents with less knowledge were 28 (84,8%) respondents whose children were not ready to do toilet training, and respondents with good knowledge were 7 (41,2%) respondents whose children were ready to do toilet training. The test results show that the p value $0,001 <$

(0,05), meaning that H_a is accepted and H_0 is rejected, so there is a relationship between knowledge and toilet training readiness.

Table 3. The relationship between maternal attitudes and toilet training readiness in children of PAUD Alumna Islamic School Sukajadi

Attitude	Toilet Training Readiness				Total	P-value
	Not Ready		Not Ready			
	n	%	n	%		
Negative	26	81,3	6	18,8	32	0,021
Positive	9	50	9	50	18	
Total	35	70.0	15	30.0	50	

Source: Primary data of the study in 2025

Based on the results of statistical tests in table 3, it can be seen that respondents with negative attitudes were 26 (81,3%) respondents whose children did not do toilet training and respondents with positive attitudes were 9 (50%) respondents whose children did not do toilet training. The test results show that the P-value ($0,021 < (0,05)$), which means that H_a is accepted and H_0 is rejected, so there is a significant relationship between attitude and toilet training readiness. Based on the Odds (OR) value shows that mothers who have a negative attitude 4,333 times their children are not ready to do toilet training compared to mothers who have a positive attitude.

DISCUSSION

Based on the results of the research conducted, it was found that out of 50 respondents, most of the respondents had poor knowledge as many as 28 (84,8%) respondents whose children were not ready to do toilet training, and respondents with good knowledge as many as 7 (41,2%) respondents whose children were ready to do toilet training. Based on the results of the analysis using the test shows P Value ($0,001 < (0,05)$) meaning that H_a is accepted and H_0 is rejected, so there is a relationship between knowledge and toilet training readiness.

The results of this study are in line with research conducted by Warlenda, et al (2019) in their research obtained the results that after the statistical test, the P-Value ($0,001 < (0,05)$) was obtained that it can be said that there is a relationship between parental knowledge about toilet training in children aged 3-5 years with its implementation in PAUD Se-Kota Pekanbaru in 2017. This is in accordance with research conducted by Milenia (2022) that there is a significant relationship between maternal knowledge and toilet training readiness with statistical results P-Value ($0,041 < (0,05)$).

Knowledge is the result of "knowing" after certain observations of an object. With six human senses, including the sense of touch, sense of smell, sense of taste, and sense of sight, each person can gain different knowledge because of the way they see things. The level of knowledge is the extent to which a person can engage, explore, and develop their mind, such as how individuals solve problems with new ideas and learn in class (Notoadmodjo, 2018).

A study revealed that more than half of mothers (55.8%) had low understanding of toilet training and did not implement it with their children. Meanwhile, the remaining 44.2% of mothers had a good understanding and had incorporated toilet training into their children's daily routines. A mother's understanding of toilet training can be assessed by how well she recognizes her child's needs and assists in properly training bowel and bladder habits. Methods or techniques for training children in urination and defecation are influenced by various factors, including education and information provided by healthcare professionals (Tawakalni, 2021).

Then it is known that respondents with negative attitudes were 26 (81,3%) respondents whose children did not do toilet training and respondents with positive attitudes were 9 (50%) respondents whose children did not do toilet training. Based on the results of the Chi-Square Test shows that the P-Value (0,021) < (0,05) means that H_a is accepted and H_0 is rejected, so there is a significant relationship between attitude and toilet training readiness.

This is in accordance with research conducted by Yulfitri, et al (2022), that there is a significant relationship between maternal attitude and toilet training readiness with statistical results P-Value (0,013) < (0,05). In addition, research conducted by Sambo, et al (2023) is also in line with this study that after statistical tests show that maternal attitudes have a significant relationship with readiness to implement toilet training P-Value (0,008) < (0,05).

If the child defecates in his/her pants, do not scold the mother because it will make the child feel afraid to express the child's desire for toilet training. Based on the theory that mothers can provide illustrations for defecation and pooping and then get the child used to doing it correctly can help do this. One negative impact of this method is that the wrong example is given to the child, which can then be shown to the child, and in the end the child also develops the wrong habit. In addition to the above methods we can also observe the child while urinating or defecating, put them on the potty or take them to the bathroom, give the potty in a comfortable position, remind the child that they have to urinate or defecate, give praise if they succeed and not scold or blame if they do, and give them pants that are easy to take off and back on (Ummah, 2019).

CONCLUSION

The conclusion of this study is that the majority of respondents have less knowledge and have a negative attitude and there is a relationship between knowledge and attitude with toilet training readiness. Therefore, there is a need for socialisation to teachers and parents regarding children's readiness for toilet training. Socialisation can be done during teacher and parent meetings, because toilet training is a form of child independence.

Acknowledgements

We would like to thank all respondents, supervisors, research sites and the S1 Midwifery Study Programme of Hang Tuah University Pekanbaru who participated in this study and provided motivation and permission for the completion of this study.

REFERENCES

- Adhistry, Y, Ariningtyas, N, & Nurkhasanah, N. (2023). Tingkat Pengetahuan Ibu dalam Penerapan *Toilet training* pada Balita Di KB-TKIT Yasmin Mu'adz Bin Jabal Sleman, *Journal of Health Science Leksia (JHSL)*, 1(1), 1–9.
- Hijriyati, Y, Setyaningsih, W, & Ardedia, E. (2024). Hubungan Pengetahuan Ibu tentang Toilet Training dengan Kemampuan Anak Toddler dalam Mengontrol BAB dan BAK. *Journal of Nursing and Midwifery Sciences (JNMS)*, 3, 13–21.
- Milenia, BP. (2022). Hubungan Pengetahuan Ibu tentang Kesiapan *Toilet Training* dengan Kemampuan Toileting Pada Anak Usia Prasekolah (3-6 Tahun) Di PAUD Tunas Bangsa Kota Pagaralam Sumatra Selatan. [Skripsi]. Jakarta: Universitas Binawan.
- Notoatmodjo, S. (2018). Ilmu Perilaku Kesehatan. Rineka Cipta: Jakarta.
- Sambo, M, Madu, YG, Cahyani, A, & Ta'ba, A. (2023). Hubungan Pengetahuan dan Sikap Ibu dengan Kesiapan Penerapan *Toilet training* pada Anak Usia *Toddler*. *Jurnal Keperawatan Florence Nightingale*, 6(1), 1–7, doi:10.52774/jkfn.v6i1.113.
- Tawakalni, EI. (2021). Hubungan Tingkat Pengetahuan Ibu dengan Keberhasilan Penerapan Toilet Training pada Anak Usia Toddler di TK ABA. [Skripsi]. Bekasi: STIKes Medistra.
- Ummah, MS. (2019). Edukasi *Toilet Training* pada Ibu dengan Anak Usia *Todler*, *Sustainability (Switzerland)*.
- Warlenda, SV & Sari, RN. (2017). Pengetahuan Ibu Berhubungan dengan Pelaksanaan *Toilet training* pada Anak Usia 3-5 Tahun di PAUD Islam Cerliana Kota Pekanbaru Tahun 2016. *Jurnal Kesehatan Komunitas*, 3(3), 105–9, doi:10.25311/keskom.vol3.iss3.125.
- Yulfitri, Roslita, R & Wisanti, E. (2022). Hubungan Tingkat Pengetahuan dan Sikap Ibu terhadap *Toilet training* pada Anak Usia Prasekolah. *Journal of Nursing Innovation*, 1(1), 13–19, doi:10.61923/jni.v1i1.3.