

# TOILET TRAINING MEDIA SUPPORTING COGNITIVE ABILITY GOLDEN AGE PERIOD

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ORIGINAL ARTICLE

**TOILET TRAINING MEDIA SUPPORTING COGNITIVE ABILITY GOLDEN AGE PERIOD**

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<b>ABSTRACT</b>	<b>Keywords</b>
<p>Growth and development were the different stages but both of them coinciding. High growth and development obtained health-qualify generations. Toilet training was a kind of treatment for children to control urination and defecate (Hidayat, 2008). Toilet training is required in the golden age which is all children's potential growing fast. Toilet training initiated an excellent habit to children, especially about self-hygiene. Teaching about toilet training could be given by many methods, one of them was as picture media. This research aimed to analyze effects of toilet training as media supporting cognitive in golden age period. The research design used in this research was the Quasi-experiment approaching method a group pretest-posttest design. Population in the study of children aged 3-6 years. There was two pairs group include forty-nonrespondents. Filling out the pre-test sheet, giving a treatment toilet training picture media and Fill out the post-test questionnaire sheet. A respondent who had good ability before giving a treatment was 29 respondents (70.7%) and after treatment was 37 respondents (90,2%). Increasing cognitive ability was evident. Based on Wilcoxon signs rank test result, there was an impact of media supporting cognitive ability in golden age period at PAUD and TK Tunas Harapan Bangsa Mojokerto (<math>p=0,02</math>). So, It is better to increase the cognitive ability in golden age period with picture media combining with modeling technique referring to next researcher.</p>	<p>Toilet Training, Picture media, Golden Age</p>

## PREFACE

Growth and development are different stages but both of them occurring simultaneously. Great growth and development obtain health-qualify generations. Toilet training was a treatment for children to control urination and defecate (Hidayat, 2008). Toilet training initiates a good habit to children, especially about self-hygiene. Learning about toilet training could be given by many methods, one of them is a picture method. Picture method is a visual two dimensions method which shows pictures and explains about toileting in right way. This training must be done at right ages (Fitria, 2011).

Indonesia had about 30% toddlers out of 259 million people in 2011. According to the National Household Health Survey (SKRT) 2012, Toddlers which were difficult to control defecate and urination (bedwetting) at the preschool period was about 75 million children. Three years toddlers are ready within cognitive, social and emotional to teach using a toilet. Statistics data showed that 90% children about age 18-36 months were the success to be taught using the toilet with average age 27-28 months, 80% children succeed not having bedwetting at night in age 30-42 months with average age 33 months (Warner, 2007).

Indeed, Toilet training is not quite popular. So, this concept seems to look unimportant in growing stage of children. The negative impact of toilet training was disobedient, careless to surrounding in which children could put urination and defecates everywhere (Wahyuningsih, 2008). Role of their parents is needed in this part as an advisor to teach toilet training to children (Munawaroh, 2011).

Toilet training need method or right way easy to understand for children. In right method, that training would influence parents teaching toilet training concept to their children. Based on those issues, It is interested to research about "Influence Toilet Training as Media Supporting Cognitive

Ability in Golden Age at PAUD and TK Tunas Harapan Bangsa Mojokerto."

## METHOD

The research design used is Quasi-experiment approaching one group pretest-posttest design method. There are forty-one respondents. Randomly cluster sampling is the technique used. Independent variable is toilet training picture media. The dependent variable is the cognitive ability in the golden age. Analyzing data is used cross tabulation and Wilcoxon sign rank test.

## RESULT

1. Respondent characteristic of parents based on general data

**Table 1. Distribution Respondent Characteristic of parents Based General Data**

Characteristic	N	%
1. Age (Year)		
• < 20	0	0
• 20 – 30	12	29.3
• 31-40	26	63.4
• >40	3	7.3
2. Education		
• SD	0	0
• SMP	1	2.4
• SMA/SMK	20	48.8
• PT	20	48.8
3. Job		
• Not Work	14	34.2
• Private employee	11	26.8
• Government employee	8	19.5
• entrepreneur	8	19.5
4. Brother/Sister		
• 1 person	2	4.9
• 2 persons	14	34.2
• >2 persons	25	60.9

Source: Primary Data

Table 1 shows that sixty-three percent of respondents are in 31-40 years old. Most of them graduated from senior high school and university (48.8%). 34.2% does not work respondents. 60.9% has more than two children.

2. Analysis influence *Toilet training* of picture media for *cognitive* ability in a *golden age*.

**Table 2. Cross-tabulation influence *Toilet training* picture media for *cognitive* ability in a *golden age* at PAUD and TK Tunas Harapan Bangsa Mojokerto in May-July 2017.**

Picture Media	Cognitive ability						Total	
	less		Middle		Good		Σ	%
	Σ	%	Σ	%	Σ	%		
Pre test	1	2.5	11	26.8	29	70.7	41	100
Post-test	1	2.5	3	7.3	37	90.2	41	100
Total	2	2.5	14	17	66	80.5	82	100

*Wilcoxon Sign Rank Test*  $p = 0,02$

Source: Primary Data

Based on Table 2, It is shown that respondents who have good ability before treatment is 29 respondents (70.7%) and after treatment is 37 respondents (90.2%). There is an evident increasing cognitive ability toilet training at a golden age at PAUD and TK Tunas Harapan Bangsa Mojokerto.

The result of statistic test obtains that there is the impact of toilet training supporting cognitive ability in the golden age at PAUD and TK Tunas Harapan Bangsa Mojokerto ( $p=0,02$ ).

## DISCUSSION

Picture media gives the impact for enhancement of cognitive ability toilet training, That is shown from a result of pre-test with post-test as the enhancement of cognitive ability toilet training in the golden age. Based on statistic test, Wilcoxon signs rank test with  $\alpha=0,05$ , significant value  $P=0,02 < 0,05$ , means  $H_0$  is rejected.

Picture media gives details pictures then children could remember better than a verbal method. Picture media could solve verbal method's problem about the limitation of memory to tell and explain something.

Picture media shows how to use toilet starting from how to use the toilet then take off pants when children want to defecate and urination, sit on chamber pot or toilet, how to do self - cleaning after defecate and urination.

Application of picture media is suitable to condition and respondent's ability of children and made interesting so children could follow and understand about cognitive ability toilet training. Nanny or parents are taking a role to help children in growing stage resulting health generation in future.

## CONCLUSION

- 1 Before given treatment, respondent ability 70.7%.
- 2 After given treatment, a respondent ability is getting better (90,2%).
- 3 Toilet training as picture media is giving positive impact through cognitive ability in the golden age at PAUD and TK Tunas Harapan Bangsa Mojokerto.

## SUGGESTION

- 1 Nanny or parents could use picture media as the treatment in a case to grow cognitive stimulation and children grow.
- 2 Next researcher need improving cognitive ability by combining picture media and modeling technique

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