

## IMPLEMENTATION OF TOILET TRAINING IN BUILDING CHILD INDEPENDENCE IN THE BUAH HATI KITA DAYCARE PARK, JEMBER REGENCY

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### Abstract

This study aims to describe the implementation of toilet training in building children's independence in the "Buah Hati Kita" Day Care Park, Jember Regency. In this study, researchers used a type of descriptive research with a qualitative approach. This research was conducted at the "Buah Hati Kita" Day Care Park, Jember Regency. Data collection is done through interviews, observation, and documentation. The research subjects in this study were educators, principals, and parents, and in determining informants using purposive sampling. The results showed that the implementation of toilet training has been carried out well in increasing children's independence in the "Buah Hati Kita" Day Care Park. Where the child's independence is seen through the physical ability shown by the child to go to the toilet by himself, take off and put on their pants or skirt, and the ability to squat, meanwhile, dance is shown by the child in communicating the desire to defecate, for responsibility is shown the child the habit of urinating or defecating in the bathroom, cleaning feces (cebok) as well as the habit of using the toilet and discipline shown by the child through accustoming the child not to wearing diapers. Although well carried out, some activities still do not lead to the process of independence. Educators and parents will train children to step by step to be able to support independence in the toilet. Toilet training is important for children, therefore toilet training must be programmed in various institutions that shelter early childhood, especially in Daycare Parks. Day Care Park serves to provide educational services and welfare guidance for early childhood to grow and develop optimally. So a toilet training program is needed that can form independence in children.

**Keywords:** toilet training, child independence, daycare park

### Abstrak

Penelitian ini bertujuan untuk mendeskripsikan implementasi toilet training dalam membangun kemandirian anak di Taman Penitipan Anak "Buah Hati Kita" Kabupaten Jember. Dalam penelitian ini peneliti menggunakan jenis penelitian deskriptif dengan pendekatan kualitatif. Penelitian ini dilakukan di Taman Penitipan Anak "Buah Hati Kita" Kabupaten Jember. Pengumpulan data yang dilakukan melalui wawancara, observasi, dan dokumentasi. Subjek penelitian dalam penelitian ini yaitu pendidik, kepala sekolah, dan orang tua dan dalam menentukan informan menggunakan purposive sampling. Hasil penelitian menunjukkan implementasi toilet training telah terlaksana dengan baik dalam meningkatkan kemandirian anak di Taman Penitipan Anak "Buah Hati Kita". Dimana kemandirian anak terlihat melalui kemampuan fisik yang ditunjukkan anak pergi ke toilet sendiri, melepas dan memakai celana atau rok mereka sendiri, dan kemampuan untuk jongkok, sementara itu, percaya diri ditunjukkan anak dalam mengkomunikasikan keinginan buang air, untuk tanggung jawab ditunjukkan anak kebiasaan buang air kecil atau air besar di kamar mandi, membersihkan kotoran (cebok) serta kebiasaan menyiram toilet dan disiplin ditunjukkan anak melalui membiasakan anak untuk tidak memakai pampers. Meskipun terlaksana dengan baik ada beberapa kegiatan yang masih belum mengarah pada proses kemandirian. Tetapi pendidik dan orang tua akan melatih anak secara tahap demi tahap untuk bisa menunjang kemandirian dalam toilet. Toilet training penting bagi anak, oleh karena itu toilet training harus diprogramkan pada berbagai lembaga yang menaungi anak usia dini khususnya di Taman Penitipan Anak. Taman Penitipan Anak yang berfungsi untuk memberikan pelayanan pendidikan dan pembinaan kesejahteraan bagi anak usia dini agar dapat tumbuh dan berkembang secara optimal. Sehingga diperlukanlah program toilet training yang bisa membentuk kemandirian pada anak.

**Kata kunci:** latihan toilet, kemandirian anak, taman penitipan anak

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## INTRODUCTION

"Buah Hati Kita" Day Care Park, Jember Regency has a toilet training program that is different from other institutions. In other institutions toilet training activities are considered normal, but this "Buah Hati Kita" Day Care Park, teaches about how to do toilet training properly and correctly. Toilet training is an effort to train children to be able to control defecation (defecation) and urination (BAK) (Hidayat; 2015: 62, in Rohmah, et al.; 2020). Meanwhile, Sherk (in Rohmah, et al.: 2020) de nes toilet training as a teaching process to help children control urination and defecation, as well as training children to use the toilet when doing urination and defecation. The number of students in the "Buah Hati Kita" Day Care Park is 12 children aged 2-4 years. The implementation of toilet training begins with communication between educators and parents, Children are accustomed when urinating, after finishing must use the toilet, and when they want to urinate must communicate such as saying pee, or poop. Judging from the condition of the toilet in the "Buah Hati Kita" Daycare Park, it has been supportive. Judging from the facilities and infrastructure that are complete such as squat toilets, clean water, diapers, faucets, and bathtubs.

This toilet training is an important activity carried out together with parents and educators. If children have good toilet training skills, they can also urinate well on their own and become independent (Khair, 2021). At an early age, the task of child development is to develop independence. The condition of early children entering school, some children still wear diapers. This condition makes children hampered in the development of independence. If the child continues to wear diapers, it will cause the child to be difficult to control urination. For this reason, the toilet training program at the "Buah Hati Kita" Day Care Park is carried out so that children can control themselves when urinating and defecating. When children succeed in toilet training well, they will have independence in toilet use. Not only that, in the future children will become more independent, responsible and care about cleanliness. This is where the formation of independent children who can do it alone. Children with a high level of independence will be able to act more mature than children with a low level of independence.

Child independence includes a child's ability to meet his own needs without relying on the help of others, including his parents. Erikson (in Lestari, 2018) also argues that independence is an attempt to break away from parents to release oneself through the process of having an ego identity, namely the development of a steady individualist for oneself. Then Setyo Utomo (in Pujiati, 2015) defines independence as one of the components of personality that encourages children to be able to direct and regulate their behavior and solve problems without help from others. Children's independence can usually be seen in their physical abilities, confidence, responsibility, and discipline when toileting. This physical ability, confidence, responsibility, and discipline are shown by the way children who can lower their pants, lock themselves, the ability to squat quietly for less than 2-5 minutes, are no longer afraid to enter the toilet, can urinate in the right place and can show that he wants to toilet. This activity has been carried out by the "Buah Hati Kita" Day Care Park to show independence in children in toilet training.

Based on the above background, researchers are interested in conducting a study entitled "Implementation of Toilet Training in Building Child Independence in the "Buah Hati Kita" Day Care Park, Jember Regency". So researchers are interested in exploring information about the implementation of toilet training carried out by teachers and parents to build the independence of children in the "Buah Hati Kita" land II in Jember Regency.

## **METHODS**

This study's research type is descriptive with a qualitative approach. The research site selection technique is the purposive area located in the "Buah Hati Kita" Day Care Park, Jember Regency. As for the technique in determining informants, namely purposive sampling. The research subjects in this study were educators, principals, and parents. Data collection is done through interviews, observation, and documentation. To ensure the validity of the data, researchers used observation extension, increased persistence, and triangulation. Data analysis, data reduction, data presentation, and conclusion drawing are carried out in this study.

## **RESULTS AND DISCUSSION**

The implementation of toilet training carried out by the "Buah Hati Kita" Day Care Park, namely by providing directions and examples by educators to children when doing toilet training. The implementation of toilet training carried out includes directing children to take off their pants first, reading prayers to enter the toilet, entering the toilet using the left foot, and directing children when urinating or defecating not to face the Qibla, The educator also gives directions when cleaning (cebok) using their left hand, when in the toilet they should not talk or chat, When going out with the right foot and reading the prayer go out the toilet, and are directed to wear pants. The application of toilet training at the Care Park for Our Children is by Islamic teachings which are recommended for taharah (purity) after doing BAK or defecation. The above explanation is in line with Qaradawi & Sabiq, 2007 (in Meisanti Elisa and Nurul Khotimah, 2019) which explains that in disposing of hajat there is adab in Islam, among others, should not bring objects written lafadz Allah in the bathroom, should stay away from humans and in closed places, especially when defecating so as not to be heard sound or smell by others, Hardening the reading of basmallah and ta'awudz when entering the bathroom or taking off clothes in the open, should not speak either dhikr or others in the bathroom, should not face or turn your back to the Qibla, should look for a low or soft place when defecating to guard against dirt, do not throw in the hole so as not to hurt the animals inside, do not defecate in shelters, on roads and human gathering places, do not urinate while standing, should remove feces from two holes (qobul and rectum) using stones or sacred hard objects, or with water, do not stool (clean the traces of defecation) with the right hand clean from holding something dirty, should rub hands after stool with soil or use soap, should sprinkle the genitals and pants with water after nishing urinating to prevent doubt, put the left foot rst when entering the bathroom, and the right foot when leaving the bathroom while praying. In building children's independence there are indicators including physical ability, confidence, responsibility, and discipline.

### **Physical Abilities**

The physical abilities carried out by the "Buah Hati Kita" Day Care Park are that children can walk alone to the toilet, take off and put on their pants, and have the ability to squat or sit. The majority of children aged 3-4 years are physically ready in the ability to walk alone to the toilet. These results are in line with the opinion of Kaerts et al., 2012 (in Khair, S., Hasanah, O., & Safri, S., 2021) which shows that 22 out of 24 children have shown the ability to walk on their own without assistance. The next sign of physical ability is to take off and wear your pants, the

ability to squat or sit can be done by children aged 3-4 years in doing this. This is in line with a literature review conducted by Kaerts et al., 2012 (inKhair, S., Hasanah, O., & Safri, S., 2021) which states that the ability to put on and remove clothes is achieved at the age of 18-36 months, the ability to sit stably is achieved when children are 4-16 months old. The results of this study concluded that the majority of children in the "Buah Hati" Day Care Park mastered physical abilities in toilet training. Educators and parents who always practice the ability to squat, and take off and wear their pants. Parents understand that choosing clothes that are easy to wear and remove by children so that when they will urinate it can make it easier and this also trains independence in dressing.

### **Self-confidence**

Self-confidence is shown in toilet training for children at the "Buah Hati Kita" Day Care Park, namely by communicating the desire to urinate. The habit of children in the "Buah Hati Kita" Daycare Park who ask permission when urinating during learning hours, proves that children already know the desire to urinate. This indicates that the child has responded well to stimulation from his body. This result is in line with the statement of Hockenberry et al., 2017 (in Khair, S., Hasanah, O., & Safri, S., 2021) which states that children aged 18 months can say 10 words or more and have been able to say the need to go to the toilet at the age of 24 months. In expressing or communicating their wishes, children use language such as peeing, pooping, or with different body gestures than usual. Communicate when you want to urinate or defecate, showing that the child imitates or imitates what the educator instructs. The results of this study concluded that the ability to communicate the desire to urinate, children can already do this and have been able to control the desire to urinate. This is shown by children who always ask permission when they want to relieve themselves.

### **Responsible**

Responsible for building children's independence in toilet training at the "Buah Hati Kita" Daycare Park including habituation of urinating in the toilet, cleaning (cebok) their feces, and using the toilet after defecating. The habit of urinating in the toilet in children is done by being trained and given instructions with words that the child understands. Giving these habits, makes children have a consistent attitude that will be carried into adulthood. This will also shape the child's character through toilet training. For activities to clean (cebok) their feces and use the toilet after finishing urinating on children, educators condition children to get used to purifying in the toilet according to Adab. This is done so that children recognize good behavior that must be done when doing holy activities in the toilet. This is also by Abdillah, 2013 (in Santi, Elisa Mei & Khotimah, Nurul, 2019) which explains that Thaharah means "Holy or Clean" so that thaharah (purification) is an effort made by someone to use water as a cleanser (to purify). Thaharah in it also explains sanjak and adab (manners) when fulfilling hajat (urination or defecation). However, some children are still helped by educators or parents who are worried that they haven't been cleaned to be helped when cleaning, for the ability to use the toilet after completion children can be without the help of educators and parents. The results of this study concluded that children have not fully mastered the ability to be responsible where the ability to clean (cebok) is still assisted by educators or parents, other than children have mastered such as habituation to urinate in the toilet and use the toilet after completion. What must be done by educators and parents, namely by applying or conditioning children to get used to purifying in the toilet according to Adab without help? In this case, the application must also be introduced to children from an early age, so that children know the unclean and sacred parts. For this reason, children must be accustomed to knowing this and doing it independently and can do adab according to Islamic teachings related to toilet training and done consistently so that children get used to doing it themselves.

## **Discipline**

Discipline in children's independence in toilet training conducted by children at the "Buah Hati Kita" Day Care Park is not wearing diapers. The discipline not to wear diapers has been able to be done by children aged 3-4 years at the "Buah Hati Kita" Daycare Park, but there are parents who still use diapers before going to bed at night just in case. The average child in the "Buah Hati Kita" Day Care Park aged 3-4 years does not experience the habit of wetting the bed. This is in line with the literature according to Muscari (in Pramesti, Desty Bela, 2017) that children aged 3-6 years can hold urine for 1 or 2 hours. The habits of parents who when going to bed at night accustom their children to urinate first. These parents have taken the time to train children to the toilet so that children can do their own toilet needs without depending on diapers. Parents who have accustomed their children to urinate in the toilet show that they have taken the time to train their children. The results of this study are in line with the literature according to Tarhan et al. (in Khair, S., Hasanah, O., & Safri, S., 2021) stating that children's ability to be independent of diaper-wearing habits is the last ability that children can do which is achieved at the age of 2.5 years in girls and 3 years in boys. So parents must be disciplined in getting children to urinate in the toilet so as not to use diapers that make children feel no need to go to the toilet. The results of this study concluded that the majority of children 3-4 years old have mastered the discipline ability not to use diapers, shown by parents who invite children before going to bed to relieve themselves so that children are able not to use diapers and not wet the bed.

## **CONCLUSION**

It can be concluded from this study that the application of toilet training has been carried out well in increasing children's independence in the "Buah Hati" Day Care Park. Judging from various toilet training activities, children can already apply these activities, although there are still activities assisted by educators and parents. The role of parents and educators is very decisive in children's independence and this activity is carried out consistently and gradually in conducting toilet training.

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