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The Relationship Practice Parenting and Elimination Behavior, Applied Health Promotion Model (HPM) Preschool Children in JABODETABEK: A Cross-Sectional Study

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Abstract

Background: The practice of parenting for preschool age children is not yet in demand by parents. The application of the health promotion model (HPM) is a commitment to changing elimination behavior in the process of urinating and defecating**.**
Objectives: The objective of this study was to determine behavior health promotion model (HPM) is associated with toilet training in preschool children.
Methods: Desain cross-sectional quantitative study used 70 respondents in the areas of Jakarta, Bogor, Depok, Tangerang, and Bekasi (JABODETABEK). Using a Google Form questionnaire from September 12 -17 September 2022 distributed online.
Result: Of the 70 participants, There was no parenting practice, and the elimination behavior of preschool age children was low, 39 (75.5%). Practice parenting has been done already, and the elimination behavior of preschool, high 13 (72.2%). There was a relationship between practice parenting and elimination behavior using the applied health promotion model (HPM) in preschool children, P-value of 0.001. Participation in parenting practice was 7.8 more effective against high elimination behavior in preschool age children.
Conclusion: Parenting practice activity supported the success of preschool children's elimination behavior. Implementation of the health promotion model (HPM) in stages according to the child's growth and development**.**

Keyword: health promotion model (HPM), elimination, preschool, behavior

Introduction

Elimination of behavior of preschool-age children for children is a process in the child's growth and development phase. Eliminating behavior preschool-aged children in preschool-aged children is still a job for parents and caregivers, it is carried out in stages and requires knowledge. Problem eliminations are diaper rash or diaper dermatitis in children due to prolonged use[1], and enuresis 10-14% in preschool, especially a child with stress[2] and Up to 84% of children with chronic constipation have frequent episodes of fecal incontinence, encopresis disorders.[3] Enuresis is a problem with a lack of urine control and encopresis refers to a lack of bowel control.[4] Implementation of toilet training will reduce the incidence of urinary tract infections. Improve the family economy because they will not use disposable pants. Toilet training can also provide an advantage for children in that it can form real child independence.[5]

Elimination in preschool age children is a problem and behavior that needs to learn, namely discipline and commitment from children and parents. Influencing factors such as social environment support, family knowledge, motivation, emotion, and family parenting.[6] Elimination is included in basic needs, the need for continuous health education for families or caregivers so that behavior changes occur in the elimination of preschool age children.[7] Application of elimination behavior preschoolers Health Promotion Model/HPM individual characteristics & experiences, cognitive & influence, therapeutic effects associated with activities undertaken, commitment to action plans, and desired behavioral outcomes.[8]

Based on the phenomena and background of the problem, whether there is a relationship between practice parenting and elimination behavior, applied Health Promotion Model (HPM) in preschool children.

Methods

This study used a cross-sectional quantitative design to determine the relationship between parenting practices and elimination behavior, the application of the health promotion model (HPM) in preschool children. There were used 70 parents who have children 1-4 age and using convenience sampling in urban areas such as Jakarta, Bogor, Tangerang, Depok, and Bekasi (Jabodetabek). The inclusion criteria are parents who have children aged 1 year -4 years and lived in the Jabodetabek area. Exclusion criteria were parents who have children with special needs or children who are sick.

This study used a questionnaire with 28 items and has been tested for validity 0,361 and reliability *alfa cronbach* 0,974. Contains topic questions regarding the correlation of the health promotion model and toilet training consisting of individual characteristics and experiences 13 cognitive items and their effects 5 items, influences related to the activities to be carried out 4 items and commitment to the action plan 4 items. This study has done already ethical clearance 3319/Sket/Ka.Dept/RE/UIMA/IX/2022. The survey questionnaire using Google Forms to the surrounding urban areas (Jakarta, Bogor, Depok, Tangerang, and Bekasi). Data were collected for one week (12 September 2022 to 17 September 2022). In addition, the Google Form link of the questionnaire was sent to the WhatsApp groups. Data analysis used univariate statistics in the form of frequency and percentage. bivariate using chi-square.

Results

Demographic Children and Parents.

Table 1. Characteristic Children (n=70)

Demographic	Frequency	Percent (%)
Gender		
Male	31	44,3
Female	39	55,7
Age (Year)		
1	20	28,6
2	19	27,1
3	14	20,2
4	17	24,3
Elimination Behavior of Preschool-Age Children		
Lower	44	62,9
High	26	37,1

There were age children male 31 (44,3%) and female 39 (55,7%). There were 20 (28.7%) 1-year-old children, 19 (27.7%) 2-year-olds, 14 (20.0%) 3-year-olds, and 17 (24.3%) children aged 4 years. The elimination behavior of preschool-aged children, aimed at children aged 1-4 years, in the study, was 44 (62.9%). Meanwhile, high elimination behavior is only around 26 (37.1%).

Table 2. Characteristic Parent (n=70)

Parent	Frequency	Percent (%)
Education		
University	30	42,9
High School	34	48,5
Junior School	6	8,6
Recidence		
Jakarta	31	44,3
Bogor	28	40,0
Tangerang	4	5,7
Depok	5	7,1
Bekasi	2	2,9
Practice Parenting		
Never	52	74,3
Already	18	25,7

The educational background of the parent in High School (SMA/SMK) was 34 (48.5%), University was 30 (42.9%) and Junior High School (SMP) was 6 (8.6%). In this study, 52 (74.3%), had never followed the practice of parenting, and 18 (25.7%) had already practiced parenting. The area or residential area is dominated by Jakarta area 31 (44.3%), Bogor area 28 (40.0%), Tangerang area 4 (5.7%), Depok area 5 (7.1%), and Bekasi area 2 (2.9%).

Relationship Between Practice Parenting and Elimination Behavior of Preschool-Age Children

Table 3. Relationship Between Practice Parenting and Elimination Behavior of Preschool-Age Children

	Practice Parenting				P Value	OR
	Never		Already			
Elimination Behavior of Preschool-Age Children						
Lower	39	75,0%	5	25 %	0,001	7,8 (2,332-26,089)
High	13	19,3 %	13	72,2%		
Total	52		18			

Parental involvement in parenting practice is a serious topic. Never practiced parenting, so the elimination behavior of preschool age children was low, in 39 (75.5%). Already practiced parenting, elimination behavior of preschool was high 13 (72.2%). There was a relationship between practice parenting and elimination behavior, the application of the health promotion model (HPM) in preschool children with a p-value of 0.001. Participation in practice parenting was 7.8 more effective against high elimination behavior in preschool age children.

Discussion

The gender of a girl is more than that of a boy which states that with gender equality. Gender does not affect any situation, the census says there are more males than females.[9] Maturity of the elimination organs at 18 months of age. Need attention and support for the elimination behavior of children aged 1-4 years old from parents and caregivers.[10] Following the child's growth and development in the behavior of elimination or toilet training.[11] The preschool child was predisposed to a fever that caused a urinary tract infection. parents need to understand and support children and learn anticipatory guidance.[12]

In this study, the majority of the female child, female gender risk tract infection tract more than males. Preschool age more learn and support from the parent to do toilet training. The background education of parents when accompanying children is one of the most important factors in the success of the elimination behavior for preschool children.[10,13] Many factors will affect the growth and development of children. Participate in practice parenting, more effective.[10]

In this study, parents who have not followed the practice of parenting affect the success of elimination behavior. according to the HPM theory, parents accompany and provide direction and commitment to the child for elimination behavior.[14] This study applied health model promotion (HPM) Pender theory about the individual experience[15], Cognitive and its effects, influences related to activities to be carried out, and commitment to plans[16] and the result of this research is the occurrence of behavior change.[8,17]

In this study, the commitment to the action plan for eliminating urine/bowel preschoolers' behavior was still lower, because there was no strong joint commitment between children and parents. This study explained that there was a correlation between the health promotion model and toilet training. Children with lower urine/bowel elimination behavior, because their parents lack or do not have good anticipatory guidance. then elimination of urine/bowel 7.8 times was successful because parents understand and apply anticipatory guidance properly. The development and growth of children require models and support systems in the surrounding environment. When children believe that

the system is good, then children are confident and willing to carry out the commitments made. The toilet training success will be a good network between the child and her parents.

Conclusion

Parenting practices that support the successful elimination of urine/bowel behavior in preschool children's behavior. The application of the health promotion model (HPM) is a real application, the need for commitment to be built a form of cooperation (partnership) to jointly obtain successful elimination behavior between parents and preschool children.

Conflict of Interest Declaration

The authors declare no conflicts of interest concerning the research, authorship, and publication of this article.

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