



KNOWLEDGE, ATTITUDE AND PRACTICE REGARDING NOCTURNAL ENURESIS AMONG MOTHERS OF CHILDREN WITH PRIMARY NOCTURNAL ENURESIS

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ABSTRACT

Mothers had poor knowledge (11.85 ± 2.67) of basic facts regarding nocturnal enuresis. Their attitudes were moderately positive (43.06 ± 6.42) towards nocturnal enuresis in their children. The practice was poor (31.75 ± 3.72) in the management of nocturnal enuresis. Among variables, child's fear of darkness and duration of breast feeding (P < 0.01), mothers parenting task (P < 0.01) and fathers parenting task (P < 0.05) were associated with nocturnal enuresis frequency of children.

KEYWORDS : Enuresis, Nocturnal Enuresis, Knowledge, Attitude, Practice

INTRODUCTION:

Nocturnal Enuresis despite being discussed over decades now requires a much more comprehensive approach to dealing with primary nocturnal enuresis behavioural interventions, and need for parent education is a top priority¹. Yet there seems to be limited understanding of its current prevalence, parental knowledge attitude and practice.² A newspaper report of 2017 of a school child being ostracised and withdrawn from school once again focused on the urgent need for identifying the magnitude of the problem and factors associated and parenting factors with regard to nocturnal enuresis among children.^{3,4}

MATERIAL AND METHODS:

A study was conducted to assess the knowledge attitude and practice of mothers regarding nocturnal enuresis. Community based door-to-door survey of the houses of children aged between 5-12 years in all villages in the two randomly selected PHCs were included. Structured interview schedules were used. Tools for knowledge, attitude and practice were validated and tested reliability r = 0.70, r = 0.739 and r = 0.794 respectively.

RESULTS:

Totally 89 children with nocturnal enuresis were identified. After the screening found only 81 children had primary nocturnal enuresis and among them 68 mothers consented and participated in the study. The finding of the initial survey has been presented in the tables and figures.

Table 1 Knowledge, attitude and practice scores of mothers regarding nocturnal enuresis

N=68

	Mean	Std.	Std. Error Mean
Knowledge	11.85	2.67	.324
Attitude	43.06	6.42	.778
Practice	31.75	3.72	.451

The table shows that mothers had poor knowledge (11.85 ± 2.67) of basic facts regarding causes treatment and management of nocturnal enuresis. Their attitudes were moderately positive (43.06 ± 6.42) towards nocturnal enuresis in their children. The practice was poor (31.75 ± 3.72) in the management of nocturnal enuresis. Practices were focused towards 'pre-bed pee' and restriction of post-dinner fluid and punishment.

ASSOCIATION OF DEMOGRAPHIC VARIABLES WITH NOCTURNAL ENURESIS

Table 2 Association of demographic variables of children with frequency of nocturnal enuresis

Demographic Variable	Chi Square Value	Significance P Value
Age	12.669	.92

Gender	8.692	.27
Birth type	16.039	.02*
Birth term	15.093	.37
Duration of Breast feeding	52.231	.004**
Education	71.034	.09
Difficulty to wake up	26.489	.02*
Snores at sleep	24.224	.04*
Nightmares	24.751	.04*
Fear of darkness	27.044	.01**
Mile stones	11.742	.11

*Significant at P < 0.05 **Significant at P < 0.01

Nocturnal enuresis frequency was associated significantly for type of birth, difficulty to wake up, snoring, nightmares at P < 0.05. Fear of darkness and duration of breast feeding at P < 0.01. All other factors did not show any significant association.

ASSOCIATION OF DEMOGRAPHIC VARIABLES OF CHILDREN WITH FREQUENCY OF NOCTURNAL ENURESIS OF CHILDREN

Analysis using chi square test reveals that only mother's parenting task at [P < 0.01] and father's parenting task [P < 0.05] is associated with nocturnal enuresis frequency of children. None of the variables seem to have association with nocturnal enuresis of children.

DISCUSSION:

In the study, mothers had poor knowledge which is supported by findings in Maharashtra where 58% of the mothers had information on bedwetting⁵. With regard to parental attitude, readiness to punish was observed by other studies and news reports^{3,4,5}. The findings reveal parenting practices specific to nocturnal enuresis were poor and negative. In studies of parenting practices, it was found parents did practice lifestyle modification in terms of fluid and sleep hygiene, while in terms of punishing wetting behaviour were only 1/3rd of the parents^{5,6,7}. There was statistically significant relations between mothers' level of knowledge about enuresis, attitude and practice (p < 0.001)⁷.

CONCLUSION:

In this study, most of the background factors were not associated with nocturnal enuresis frequency of the children. Mothers had poor knowledge regarding nocturnal enuresis. Certain practices were engaged without their sound understanding on its bearing on wetting behaviour of the child, thus making a strong case for community and home-based intervention for the management of nocturnal enuresis.

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