Creative Dressing Dolls Strategy to Stimulate Toilet Training Ability

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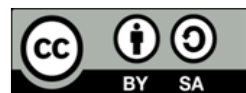
A B S T R A K

Toilet training pada anak usia toddler merupakan usaha untuk melatih anak agar mampu mengontrol melakukan buang air kecil dan buang air besar. Rata-rata anak-anak ketika ketoilet mereka terlihat kesusahan untuk melepas celana atau rok. Tujuan penelitian ini yaitu untuk melatih anak menjadi mandiri sehingga tidak lagi meminta bantuan orang lain ketika ingin ke toilet. Penelitian ini merupakan penelitian pengembangan dengan model yang digunakan yaitu ADDIE. Pengumpulan data dilakukan dengan menggunakan kuesioner berskala likert berbasis Kuisioner. Instrumenyang digunakan dalam mengumpulkan data yaitu kuesioner. Uji validitas instrumen penilaian ini dilakukan melalui uji validitas isi (uji ahli/pakar). Instrumen yang dikembangkan akan diuji oleh 2 orang ahli media, 2 ahli materi dan 3 guru dan 5 respon anak. Teknik analisis data menggunakan analisis deskriptif kualitatif dan kuantitatif.Hasil penelitianyaituhasil analisis validitas dari ahli media diperoleh skor 91,3%.Hasil validitas ahli materi diperoleh skor 97,1%. Hasil validitas guru diperoleh skor 96,6%. Uji coba respon anak diperoleh skor 96,3%. Disimpulkan penelitian ini "Valid" dengan kualifikasi sangat baik sehingga layak untuk menstimulasi kemampuan toilet training pada taman kanak-kanak.

A B S T R A C T

Toilet training for toddler-aged children is an effort to train children to be able to control urination and defecation. On average, when children go to the toilet, they have difficulty removing their trousers or skirts. This research aims to train children to become independent, so they no longer ask other people for help when they want to go to the toilet. This research is development research with the model used, namely ADDIE. Data collection was carried out using a questionnaire-based Likert scale questionnaire. The instrument used to collect data was a questionnaire. The validity test of this assessment instrument is carried out through a content validity test (expert/expert test). The instrument developed will be tested by 2 media experts, 2 material experts, 3 teachers, and 5 children's responses. The data analysis technique uses qualitative and quantitative descriptive analysis. The research results, namely the results of validity analysis from media experts, obtained a score of 91.3%. The results of the validity of the material expert obtained a score of 97.1%. The teacher validity results obtained a score of 96.6%. The child's response test obtained a score of 96.3%. It was concluded that this research was "valid" with very good qualifications, so it was suitable to stimulate toilet training abilities in kindergartens. The child's response test obtained a score of 96.3%. It was concluded that this research was "valid" with very good qualifications, so it was suitable to stimulate toilet training abilities in kindergartens. The child's response test obtained a score of 96.3%. It was concluded that this research was "valid" with very good qualifications, so it was suitable to stimulate toilet training abilities in kindergartens.

1. INTRODUCTION

Early childhood education is a PAUD unit consisting of individuals or students with an age range from birth to 6 years old to help children's growth and development so they are able to enter the next level of education.(Adawiyah & Yuniar, 2022; Saudah, 2015; Sukatin et al., 2020; Uswatiyah et al., 2022).Early childhood children who are ready and already have a good level of maturity are children aged 5-6 years and have displayed a variety of significant potentials in the developmental dimension. Early Childhood Education (PAUD) is the level of education for children before entering elementary school

(SD).(Hasanah & Deiniatur, 2019; Naimah, 2019; Raihana, 2018; Ridho et al., 2016). Independence is the ability to take care of oneself, this is not an ability inherited from both parents, but must be learned first. The development of children at the age of 3 years is generally able to hold small objects between the thumb and forefinger, even though they are still stiff. At the age of 5 years, the child's motor coordination becomes more perfect, his hands, arms and fingers all move together under the command of the eyes. This shows that children generally have good coordination between eyes, hands and arms since the age of 3 years, so that children are able to take care of themselves.(Herawati, 2020; Khaironi, 2018). At the age of 2-4 years, children can be taught what adults do, such as washing dishes, opening bottle caps, washing hands, buttoning clothes and opening zippers which will later function in the future, for example opening zippers. Unzipping will work when the child is going to the toilet to urinate, but there the child is wearing trousers with a zipper. So when the child has been taught and can do it, then if the child wants to go to the toilet, there is no need to ask the teacher or parents for help anymore.

*Toilet training*is one way that teachers can develop children's independence. Toilet training for toddlers is an effort to train children to be able to control urination and defecation. Toilet training can generally be carried out on every child who has started to enter the phase of independence in children(Khoiruzzadi & Fajriyah, 2019b; Saladin et al., 2018).Independence is better trained and developed in children as early as possible so as not to hinder the child's subsequent developmental tasks(Herawati, 2020; Khaironi, 2018).At this age the task of child development is to develop independence. There are many activities in early childhood that can be used as a medium for teachers to provide material about children's personal-social development or independence. For example, getting used to throwing away rubbish, urinating and defecating in the right place and how to clean it. The role of parents at home and the role of teachers at school greatly determines children's independence in carrying out their activities in the toilet(Miftakhi, 2020; Utami et al., 2019). The implementation of toilet training begins with planning, namely preparing story material from story books about the themes of activities in the toilet, implementation is carried out by the teacher using habituation methods and storytelling methods, and evaluation, namely the teacher gives assignments to children in the form of direct practice regarding activities related to toilet training. Usually activities like this really attract children's attention, so children usually imitate them and want to try doing them. This means that this activity will train children's fine motor skills. But in reality there are still many children who still have difficulty opening zippers, buttoning clothes and also going to the toilet on their own.(Shalahuddin et al., 2018; Utami et al., 2019).

Based on the results of observations of group A children in Group V, the children were not yet able to button their own clothes, still had difficulty opening their own trousers. So when going to the toilet to urinate or defecate, children usually ask their teachers for help at school. Not only in cluster V, in cluster VII, specifically in the Undiksha Laboratory Kindergarten, there are also several children who experience the same difficulties and problems. The average child when going to the toilet seems to have difficulty taking off their trousers or skirt. Children are also still unable to clean their bodies when they have finished urinating or defecating. Perfectly developed fine motor skills depend on the entire sensory system, stability and movement of body posture, and good muscle tone.(Masdudi, 2016; Purnamasari, 2020). In the practice of buttoning clothes, training fine motor skills is quite complicated if there is no implementation guide. Children are imitative creatures, children usually imitate other people and that is a very strong characteristic of children. So by telling stories about self-reliance stories, it is hoped that children can imitate to increase the independence of early childhood.(Miftakhi, 2020; Raihana, 2018).This will have a good impact especially when the child has problems with fine motor skills, for example with buttons, laces, zippers, etc. There are many media that can be used for children with difficulties like this. One of the media that can be used to teach children to dress is dressing dolls.

Learning media is anything that can be used to distribute learning materials, so that it can stimulate students' thoughts, feelings and attention in teaching and learning activities in order to achieve learning goals.(Fitria, 2014; Rozie, 2018; Zaini & Dewi, 2017).Learning by using dolls as one of the teaching aids that has become the choice of several teachers to attract children's attention, there are several types of dolls that can be used as props in learning activities, one of which is the medium of changing dolls. Dolls are imitations of human or animal forms, here replacement dolls can be made to teach children to learn to dress. Learning media in the form of dolls can be used for storytelling and other learning activities. Dolls are one of the three-dimensional learning media. This dressing doll is a doll that has the benefit of training or teaching children to learn how to dress, such as buttoning clothes and wearing trousers.(Abdullah, 2021; Nomleni, FT & Manu, 2018).Dressing dolls is a term that is often used. But it is practically impossible to apply correctly to any doll. Explicitly "Fashion Dolls" should refer only to dolls whose clothing, as a primary purpose, regulates fashion. No one can go back in time and determine the original purpose of a doll or even determine whether the clothes on the doll were fashionable or

fashionable. Dolls are objects that children like. By choosing dressing dolls, this media choice is very suitable because it can attract students' attention. Dolls are a learning medium that can be used to improve self-development skills, especially in terms of dressing. A doll is an artificial doll that has a human-like shape with complete body parts (head, body, both arms and legs) made of cloth which is generally made as a children's toy and one of the learning media as a communication medium, capturing children's thinking power, developing their visual power and children can imagine and enjoy learning. Dolls can be used as props to tell stories or teach something to children because dolls are objects that are close to them.(Nomleni, FT & Manu, 2018; Rozie, 2018).

Previous research revealed that the majority of toddlers experience difficulties in toilet training which focuses on the relationship between the role of parents and toilet training abilities in toddlers.(Meysialla & Alini, 2018; Rahayu & Kep, 2015). This research states that the majority of toddlers experience difficulties in toilet training. These findings also receive support from research that focuses on toilet training education and its influence on maternal behavior and toilet training abilities in children aged 18-36 months.(Islamiyah & Anhusadar, 2022; Nuhan & Ribek, 2021). This research provides novelty value by focusing attention on toilet training at toddler age and using development media such as dressing dolls. In connection with the problems above, it is necessary to teach children to help introduce children to practical exercises including opening buttons and unzipping, but so that children are interested in learning, I will use media to make children interested and curious about learning. This research uses dressing dolls as media which will make children interested and like them. This doll aims to make it easier and make children interested in learning by making dolls as exercise equipment for learning toilet training. This research aims to develop dressing dolls to stimulate toilet training abilities in kindergartens.

2. METHOD

This research is research and development. Development research is a type of research that aims to create or provide a change or give a new touch to a "product" to be developed in order to achieve progress and effectiveness in the learning process.(Al Anwari, 2020; Purwati, 2020).Before producing a product, researchers must analyze the problem first so that the product to be produced can be in accordance with the problem and then test the effectiveness of certain products in the field of education. The main objective of this research and development focuses on developing effective products that are used in schools.(Pitaloka et al., 2015; Ramdani et al., 2020).The focus of this research is research into the development of dressing dolls to stimulate toilet training abilities in kindergartens. The development model that will be used in this research is the ADDIE (Analysis, Design, Development, Implementation, Evaluation) development model. The ADDIE model is an interactive learning process with basic stages of effective, dynamic and efficient learning. ADDIE is an acronym for the five stages of the development process: Analysis, Design, Development, Implementation and Evaluation. ADDIE is very dependent on each stage carried out in the sequence, however the focus of this model is on reflection and iteration (repetition). The ADDIE model can make it easier for educators and training instructors to design any type of curriculum, regardless of the learning method used.(Cahyadi, 2019; Rustandi & Rismayanti., 2021).Learning media development must pay attention to the development model that will be used to ensure the quality of the product that will be produced.

The ADDIE model is easy to learn, simple and systematic, we know that this model has 5 components that are interconnected and systematic, which means that this model must be used systematically and cannot be random in its application. Because this model is simple and systematically structured, it is easier for educators to understand(Angko, 2017; Rustandi & Rismayanti., 2021). The ADDIE model is a model that can be used to develop effective learning. Research and development using the ADDIE model can produce final products in the form of interactive teaching materials that are adapted to procedures so that they can produce a product that is suitable for application to children. There are five stages of the ADDIE development model, namely Analysis, Design, Development, Implementation and Evaluation.(Angko, 2017; Cahyadi, 2019).

The types of data in this development research are qualitative and quantitative data types. Qualitative data is data obtained, namely non-numerical or in the form of suggestions, criticism and statements. Data is descriptive and non-numerical, meaning that data can be in the form of categorized symptoms or in other forms, such as photographs, documents and field notes at the time the research was carried out as well as combinations thereof. Quantitative data is data obtained in the form of numbers obtained based on calculations(Ariani, T., & Egok, 2022; Samosir et al., 2021). In this research, the data collection method used was a questionnaire. A questionnaire is an effective data collection technique when the researcher knows quickly what variables to measure that have received validation from the source. A questionnaire is a data collection technique that is carried out by giving a set of questions or

written statements to the respondent to answer. Apart from that, questionnaires are also very suitable for use if the number of respondents is quite large and spread over the same large area. This type of research is development research, the development model that will be used in this research is using the ADDIE (Analysis, Design, Development, Implementation, Evaluation) development model. The ADDIE model can make it easier for educators and training instructors to design any type of curriculum, regardless of the learning method used. The subject of this research is to stimulate children's toilet training abilities. As the subject of this research, it will be tested on experts consisting of 2 media experts, 2 materials experts and also 3 teachers. The technique used to collect data is a questionnaire/questionnaire. The questionnaire will later be given to media experts, material experts and teachers. The questionnaire in this research was used to obtain data regarding the feasibility of the product in the form of numbers as a basis for revising the product, to be able to produce accurate data, a likert scale was used.(Febtriko & Puspitasari, 2018; Triana & Oktavianto, 2013).After the instrument has been validated by an expert, the data will then be analyzed by entering the expert test results scores into the crosstabulation table. In order to know the level of validity of the instrument grids created, validation needs to be carried out. The validity test is carried out using the Gregory formula. The test results of the experts (judges) are in a 2 × 2 cross tabulation.

3.   RESULT AND DISCUSSION

Result

This research is research on the development of dressing dolls on the stimulation of toilet training abilities in the Cluster V Kindergarten, Buleleng District. The aim of this research is to stimulate toilet training abilities in kindergartens, especially in Cluster V, Buleleng District. This research uses the ADDIE model through several stages, namely, analysis, design, development, implementation and evaluation. Product feasibility testing is carried out through learning media testing, learning material testing, practitioner testing by teachers and children's responses. The results of the development of this media are to stimulate Toilet Training abilities in kindergartens through several procedures such as analysis, design and development. The results of the development of this media design stimulate Toilet Training abilities in kindergartens through several procedures such as analysis, design, At this analysis stage, what the researcher does is analyze needs, the aim is to find out what is needed in the school, what media does not yet exist and has not been implemented in the school. The results of interviews conducted with teachers found that Mutiara Singaraja Kindergarten does not yet have Dessing dolls media that can stimulate toilet training abilities in children. The teacher also stated that children are usually taught directly to the toilet without the help of the media. Based on the results of the analysis carried out, there is still no media in the form of Dressing Dolls to stimulate Toilet Training abilities in the Cluster V Kindergarten, Buleleng District. Furthermore, the results of this analysis were designed using the Dresing Dolls media to stimulate Toilet Training abilities in the Cluster V Kindergarten, Buleleng District.

At the design stage, the activity carried out was designing the dressing dolls media based on the results of the needs analysis, namely in the form of Dressing Dolls media to stimulate Toilet Training capabilities in the Cluster V Kindergarten, Buleleng District. At this stage the researcher designs media based on the analysis carried out. The first is to create a media design, namely by creating a character design that will be made into this doll, collecting the tools and materials that need to be used to make the media, such as scissors, thread, glue gun, flannel, and other small prints. There are several kinds of doll designs here, such as boy, girl, sitting toilet and squatting toilet dolls, where later the boy and girl dolls will be dressed in clothes that can be taken off and on, serving to teach children to take off and wear clothes correctly, This development stage is starting to create the media that will be developed. At this stage, development is carried out according to plans that have been made previously. The step taken after carrying out the development process so that it produces the expected product is carrying out product trials. In conducting this product trial, we used a questionnaire instrument which was provided with a validity sheet which was intended to obtain information regarding the suitability of the material with the media being developed and to determine the feasibility of the Dressing Dolls media in Stimulating Toilet Training Ability in the Cluster V Kindergarten, Buleleng District. Results of trials of learning media products, learning materials and practitioner tests by teachers and children's responses. The step taken after carrying out the development process to produce the expected product is conducting product trials. In conducting product trials, a questionnaire instrument was used. The validity results of the development of dressing dolls media in toilet training stimulation based on the validity results of learning media experts, material experts and teachers can be seen in Table 1.

Table 1. Validity Results of Dresiing Dolls Media Development

No	Media Test Subjects *Dressing Dolls*	Validity Results %	Qualification
1	Media Expert Test	91.3 %	Very good
2	Material Expert Test	97.1 %	Very good
3	Teacher	96.6 %	Very good
4	Child's Response	96.3 %	Very Good

The results of the development of dressing dolls in stimulating toilet training abilities in the group V kindergarten in Buleleng sub-district overall obtained very good qualifications.

Discussion

This research and development product resulted in media dressing dolls for toilet training stimulation in kindergartens in Buleleng sub-district. This media was developed with the aim of stimulating children regarding toilet training, how to go to the toilet correctly without asking other people for help. In this research the author chose a development model with the ADDIE approach which is an extension of Analysis, Design, Development, Implementation and Evaluation.(Cahyadi, 2019; Rustandi & Rismayanti., 2021). The results of the dressing doll media design here were obtained through several procedures such as analysis, design and development. They are explained starting from analyzing the existing needs in the school then continuing with designing what solutions are needed and also developing the media needed in the school. Development is a process of change in cognitive, affective, psychomotor, psychogical and social aspects in children(Khaironi, 2018; Sukatin et al., 2020).Therefore, developments in children's growth are very meaningful. Good growth and development will produce a healthy, quality generation in the future. One of the important stimulations carried out during the development period is the stimulation of children's independence in urinating (BAK) and defecating (BAB) in the toilet. Providing this educational stimulation can help physically and spiritually so that children are ready to enter further education.(Khoiruzzadi & Fajriyah, 2019a; Pratiwi, 2021).The results of the design of dressing dolls media to stimulate toilet training have been explained through the process of making the media and can be seen in figures 4.1 to 4.16. Effective toilet training can be taught to children aged 18 - 36 months, but it does not rule out the possibility of being taught to children up to 5 years of age because at that age children have the language skills to understand and communicate. In the results of this research, we were taught how to button clothes correctly and how children can solve problems(Khoiruzzadi & Fajriyah, 2019a, 2019b; Masdudi, 2016).

The results of the feasibility test for dressing dolls as a toilet training stimulus in the group V kindergarten in Buleleng sub-district were obtained based on calculations from experts, teachers and children. This feasibility test uses a questionnaire which uses a scale likert to produce accurate data. The Likert scale is used to measure attitudes, opinions and perceptions of a person or group of people about a social phenomenon where each answer has a gradation from very positive to very negative.(Abdullah, 2021; Utami et al., 2019).So the research on the development of dressing dolls media for stimulating toilet training in the Cluster V kindergarten in Buleleng sub-district is "valid" with very good and feasible qualifications. The results of the dressing doll media design here were obtained through several procedures such as analysis, design and development. They are explained starting from analyzing the existing needs in the school, then continuing with designing what solutions are needed and also developing the media needed in the school. Development is a process of change in cognitive, affective, psychomotor, psychogical and social aspects in children(Khaironi, 2018; Naimah, 2019).Therefore, developments in children's growth are very meaningful. Good growth and development will produce a healthy, quality generation in the future. One of the important stimulations carried out during the development period is the stimulation of children's independence in urinating (BAK) and defecating (BAB) in the toilet.(Abdullah, 2021; Herawati, 2020; Khaironi, 2018; Utami et al., 2019).Providing educational stimulation can help physically and spiritually so that children are ready to enter further education.(Shalahuddin et al., 2018; Sukatin et al., 2020).The results of the design of dressing dolls media to stimulate toilet training have been explained through the process of making the media and can be seen in figures 4.1 to 4.16. Effective toilet training can be taught to children aged 18 - 36 months, but it does not rule out the possibility of being taught to children up to 5 years of age because at that age they still have the language skills to understand and communicate. In the results of this research, we were taught how to button clothes correctly and how children can solve problems(Adawiyah & Yuniar, 2022; Naimah, 2019).

The results of the feasibility test for dressing dolls media in stimulating toilet training in the group V kindergarten, Buleleng sub-district, were obtained based on assessment calculations from experts, teachers and children. This feasibility test uses a questionnaire which uses a scale likert to produce

accurate data. The Likert scale is used to measure attitudes, opinions and perceptions of a person or group of people about a social phenomenon where each answer has a gradation from very positive to very negative.(Febtriko & Puspitasari, 2018; Ramdani et al., 2020). So that the research on the development of dressing dolls media for toilet training stimulation in cluster V kindergartens in Buleleng sub-district is "valid" with very good and feasible qualifications. The development of dressing doll media for toilet training stimulation in the group V kindergarten in Buleleng sub-district has met the feasibility of being used in the learning process. This media was developed according to the needs found in the field, so that this media can overcome the problems found. Learning media is anything that is used to convey messages and can stimulate thoughts, feelings, attention and willingness to learn so that it can encourage a deliberate, purposeful and controlled learning process.(Khoiruzzadi & Fajriyah, 2019b; Uswatiyah et al., 2022).With the media of dressing dolls or dolls using removable clothes, this is one of the learning media that can be used to improve self-development abilities, especially in terms of dressing, the media is a very useful tool for students and educators in the learning and teaching process.(Triana & Oktavianto, 2013; Wardono, MS & Kurniawati, 2022).

This media is very useful for use as a learning medium, besides this media can be useful as dressing dolls for early childhood, of course it will make children practice independence so they can dress themselves or take off their pants or clothes when bathing or urinating.(Purwati, 2020; Ramdani et al., 2020).This media is very useful in education, especially early childhood education. Early childhood education prioritizes an integrated learning process because children have various potentials that must be developed maximally for various abilities in solving problems in their lives in the future. This media can train children in solving problems, this media can also train children to maintain personal hygiene and urinate and defecate in the toilet. So that children do not need to ask parents or teachers for help when they want to urinate (BAK) and defecate (BAB)(Khaironi, 2018; Khoiruzzadi & Fajriyah, 2019a).

The development of dressing doll media for toilet training stimulation in the group V kindergarten in Buleleng sub-district has met the feasibility of being used in the learning process. This media was developed according to the needs found in the field, so that this media can overcome the problems found. Learning media is anything that is used to convey messages and can stimulate thoughts, feelings, attention and willingness to learn so that it can encourage a deliberate, purposeful and controlled learning process. This media is also a very useful tool for students and educators in the learning and teaching process.(Khoiruzzadi & Fajriyah, 2019a; Pratiwi, 2021).With the media of dressing dolls or dolls using removable clothes, this is one of the learning media that can be used to improve self-cultivation skills, especially in terms of dressing.(Khoiruzzadi & Fajriyah, 2019a; Pratiwi, 2021). This media is very useful for use as a learning medium, besides that this media can be useful as dressing dolls for young children, of course it will make children practice independence so they can dress themselves or take off their pants or clothes when bathing or urinating, so that children don't need to ask parents or teachers for help when they want to urinate (BAK) and defecate (BAB).(Khoiruzzadi & Fajriyah, 2019a; Pratiwi, 2021; Purnamasari, 2020).Based on this presentation, it shows that the media dressing dolls in stimulating toilet training in the group V kindergarten, Buleleng sub-district is suitable for use in the learning process and gets a positive response from teachers because it can help stimulate toilet training in early childhood.

4. CONCLUSION

Based on the research results, it was found that media dressing dolls received very good qualifications from experts and teachers. It was concluded that dressing dolls were suitable to be used to stimulate toilet training in early childhood. The media dressing dolls developed help children learn to button and wear clothes correctly so that they can stimulate children in toilet training.

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