

**SOCIO-DEMOGRAPHIC CORRELATES OF ENURESIS AMONG  
NIGERIAN BAPTIST SUNDAY SCHOOL CHILDREN IN  
OGBOMOSO WEST ASSOCIATION**

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by

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## Abstract

This study was conducted to find the relationships that exist between socio-demographic variable such as children's gender and age and their parental marital status, education and occupation and the frequencies of enuresis exhibited by them at night-time or day-time.

A total of 100 Sunday School Children of ages 6 to 12 years and their 100 parents were used for the study pooled from Baptist Churches in Ogbomoso South West.

The Adapted Awaritefe Psychological Index (API – Awaritefe 1982) with 60 questionnaires validated and found reliable was used to test six hypothesis using Chi-Square ( $X^2$ ) statistics to analyse and find results at  $p$  greater or lesser than 0.05 level of significance. The analysis of the data indicated that:

1. There was significant relationship between the sex of children and the rate of enuresis exhibited by them ( $X^2 = 7.84$ ,  $df(1)$ ,  $p > 0.05$ ).
2. There was significant relationship between children's ages and the frequency of enuresis exhibited by them ( $X^2 = 42.38$ ,  $df(2)$ ,  $p > 0.05$ ).
3. There was also a significant relationship between the types of family children come from and the rate of occurrence of enuresis in them.  
( $X^2 = 43.56$ ,  $df(1)$ ,  $p > 0.05$ ).
4. There was significant relationship between parental marital status and the prevalence of enuresis in their children ( $X^2 = 60.84$ ,  $df(1)$ ,  $p > 0.05$ ).
5. However, result of testing hypothesis 5 and 6 showed no significant relationships between parental level of education and the prevalence of enuresis in children

( $X^2 = .093$ ,  $df(1)$ ,  $p < 0.05$ ) and between parents types of occupation and prevalence of enuresis in their children ( $X^2 = 0.16$ ,  $df(1)$ ,  $p < 0.05$ ).

The study further revealed that children with lack of parental care, inadequate toilet training, lack of control over the number of hour they use for play, fear of punishment, expression of hostility against parent and emotional immaturity exhibited a higher rate of enuresis than their counterparts who are well groomed.

The result of this study therefore recommend that Sunday School Workers should counsel children as well as parents in healthy living. So as to reduce the level of anxieties in male or female children especially at ages 6 to twelve years when they are most vulnerable.

## Conclusion

Enuresis is one of the frequent behavioural disturbances of childhood. It affects not only the social development of a child, but also serves as a major hindrance to a child's spiritual development especially during Sunday School hours when there is need for concentration.

The study revealed that a child's home environment (if not conducive) may contribute to high rate of enuresis frequencies. Of course, the level at which parental education and types of occupation may serve as indirect factors relating to enuresis depends on individual parents. Parents who have learnt to find time to care for their child right from infancy find out that their children stay dry always. Hymes Jr. (1971, 110) and Louttit (1947, 333) are of the opinion that the control of the sphincter reflex is one of the basic tasks in a child's training which should be established at least when he/she is 3 years old.

In the process of collecting data, the researcher used the Adapted Awaritefe psychological Index (API) which was designed to elicit necessary information on socio-demographic and occurrence of enuresis among children. The responses on the questionnaires revealed and confirmed many of the theoretical views established in the earlier literature cited. For instance, most of the children stated that they used to dream that they were urinating beside the football field or at the backyard. This is in line with Coleman's report that enuresis occur in young ones in conjunction with dreams in which the child imagines he is urinating in a toilet or elsewhere only to awaken and find he has wet the bed/mat. This may occur two or three times in a week.

A complete analysis of all details revealed in this study would make the pages too voluminous to read. It is therefore a good conclusion to say that Nigerian children

aged 6 to 12 years are in no way different from their counterparts in the western world and America in the way they behave nocturnally and diurnally.

### **Implications for Counselling**

The findings from this study have the following implications. The study revealed that there were significant relationships in four of the variables and frequencies of enuresis in children. It also revealed a low negative correlation of the last two variables with reference to parental level of education and choice of occupation. These therefore called for the attention of both parents and their children including the Sunday School workers in helping these children with positive change of behaviour.

Parents and Sunday School workers are implored to get closer to these children and show empathy for their conditions.

They should properly assess their performances in the Sunday School classes and get to the core of their problem and rectify them.

Workers in the Sunday School should have genuine interest and concerns for child's situation and encourage them not to feel worried. Giving them assurance that they can stay dry all the night is good counselling.

Children's co-operation and confidence should be sought, so that, the affected children will be able to open up to whoever is counselling them on night behaviour.

Teaching each child to develop real self is important by asking him/her to take positive steps towards problems.

Children's guardian should maintain a positive attitude towards all of the child's efforts even when the child is not meeting one's expectation.

## **Recommendations**

Based on the findings from this research work, the researcher recommends the following:

1. That adequate efforts should be made by parents to give proper toilet training to their children from infancy to early adolescent age.
2. That parental care is an invaluable exercise for children's upbringing and emotional stability. Therefore, parents should endeavour to maximally care for their children.
3. That homes should be made conducive for children to live in so as to reduce the rate of anxiety and psychological problems.
4. That children enjoy praise after Sunday School and not reprimand; hence, parents and Sunday School teachers are implored to always encourage children on that line and not chastise them.
5. That conditions such as insecurity, fear of shame, unstable home, poverty and so on, that interfere with the child's comfort and happiness should be removed.
6. That Sunday School and Social Workers should take time to study each child as they come to the class and provide necessary help for any child found having one problem or the other. Parents and guardians should be visited and informed of the on-going behavioural disturbances noticed in their child.
7. That a more detailed study or investigation should be done to eliminate anxieties and emotional disturbances caused by enuresis in children.

## **Suggestions for Further Studies**

During the course of this study, certain ideas have come to mind which should provide avenue for further research.

1. Replication of this study with detailed questionnaires and information on factors responsible for enuresis in children.
2. Replication of this study with enlarged questionnaires for adolescents aged 13 to 15 or beyond
3. Replication of this study using a particular counselling technique or some counselling modes to solve bed-wetting problems in children.
4. Finally, an experimental study to be carried out among children who are bed-wetters (10 to 12 years) and among those who are not.