

# A Study to Assess the Knowledge Regarding Nocturnal Enuresis and its Management Among Mothers of Primary School Children in Dehradun, Uttarakhand

Ms. Shristi Thapa, Ms. Preeti Negi, Ms. Srijana Hamal, Ms. Tsetan, Ms. Tsering, Ms. Sangeeta, Ms. Lobsang, Ms. Tadaryami, Ms. Tanu, Ms. Shreyjal, Ms. Wasima

Faculty of Nursing, Narayan Swami College of Nursing,  
Ras Bihari Bose Subharti University, Dehradun, Uttarakhand, India

## ABSTRACT

**Background:** Nocturnal enuresis (bedwetting) is a common childhood condition that can significantly affect a child's psychological wellbeing and family dynamics. Mothers play a central role in identifying the problem, seeking care, and implementing management strategies; however, gaps in knowledge and misconceptions often delay effective intervention.

**Aim:** To assess the level of knowledge regarding nocturnal enuresis and its management among mothers of primary school children.

**Methods:** A quantitative, descriptive survey research design was adopted. The study was conducted among 100 mothers of children studying at St. Mary's Convent School, Vikasnagar, Dehradun. A purposive non-probability sampling technique was used to select participants. Data were collected using a self-structured questionnaire assessing knowledge and attitude related to nocturnal enuresis and its management. Descriptive statistics were used for data analysis.

**Results:** The findings revealed that 9% of mothers had inadequate knowledge, 75% had moderate knowledge, and 16% demonstrated adequate knowledge regarding nocturnal enuresis and its management.

**Conclusion:** The study highlights a need for structured health education programs for mothers to improve knowledge, correct misconceptions, and promote early and effective management of nocturnal enuresis in children.

**KEYWORDS:** Nocturnal enuresis, Bedwetting, Mothers, Knowledge, Child health nursing.

## INTRODUCTION

Nocturnal enuresis refers to involuntary urination during sleep in children beyond the age at which bladder control is normally achieved. Commonly known as bedwetting, it is considered a developmental condition in most children rather than a behavioral or emotional disorder. Although many children outgrow this condition spontaneously, nocturnal enuresis can have a profound impact on a child's self-esteem, emotional health, and social interactions, as well as on family stress and parental concern.

Globally, nocturnal enuresis affects approximately 15–20% of children at five years of age, with prevalence gradually decreasing as age increases. Boys are affected more frequently than girls, and a strong familial tendency has been observed. The condition may be classified as primary or secondary and as monosymptomatic or non-monosymptomatic, depending on the presence of daytime urinary symptoms.

Mothers are often the first caregivers to recognize bedwetting and decide on home-based or professional management strategies. Their knowledge and attitude

**How to cite this paper:** Ms. Shristi Thapa | Ms. Preeti Negi | Ms. Srijana Hamal | Ms. Tsetan | Ms. Tsering | Ms. Sangeeta | Ms. Lobsang | Ms. Tadaryami | Ms. Tanu | Ms. Shreyjal | Ms. Wasima "A Study to Assess the Knowledge Regarding Nocturnal Enuresis and its Management Among Mothers of Primary School Children in Dehradun, Uttarakhand" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-10 | Issue-1, February 2026, pp.546-549, URL: [www.ijtsrd.com/papers/ijtsrd100081.pdf](http://www.ijtsrd.com/papers/ijtsrd100081.pdf)



Copyright © 2026 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



toward nocturnal enuresis significantly influence help-seeking behavior, adherence to treatment, and emotional support provided to the child. Understanding maternal knowledge and attitudes is therefore essential for planning effective educational and preventive interventions.

### Need for the Study

Despite its high prevalence, nocturnal enuresis is frequently under-recognized and inadequately managed, particularly in community and school settings. Many parents perceive bedwetting as a normal phase that does not require medical attention, while others attribute it to laziness or poor habits. Such misconceptions may lead to delayed treatment, inappropriate disciplinary practices, and psychological distress in children.

In the Indian context, limited community-based studies have explored maternal awareness and attitudes toward nocturnal enuresis. Assessing mothers' knowledge and attitudes can help identify gaps, guide nursing interventions, and support family-centered education programs aimed at improving child health outcomes.

### Objectives of the Study

1. To assess the level of knowledge regarding nocturnal enuresis among mothers of primary school children.

### Operational Definitions

- **Assess:** Systematic evaluation used to determine the existing level of knowledge and attitude.
- **Knowledge:** Information and understanding acquired through education and experience regarding nocturnal enuresis.

### Results

The analysis showed that the majority of mothers (75%) had a moderate level of knowledge regarding nocturnal enuresis and its management. A smaller proportion (16%) demonstrated adequate knowledge, while 9% had inadequate knowledge, though gaps remained in understanding causes and evidence-based management strategies.

**Table No. 1. Comparison of the level of knowledge among a group of mothers regarding nocturnal enuresis.**

| S. NO. | PERCENTAGE | LEVEL OF KNOWLEDGE         |
|--------|------------|----------------------------|
| 1.     | 9%         | Inadequate knowledge (<10) |
| 2.     | 75%        | Moderate knowledge (11-20) |
| 3.     | 16%        | Adequate knowledge(21-30)  |

The percentage distribution of mothers on level of knowledge regarding nocturnal enuresis 9% mothers had inadequate knowledge, 75% mothers had moderate knowledge and 16% mothers had adequate knowledge

- **Nocturnal Enuresis:** Involuntary passage of urine during sleep in children beyond five years of age.

### Conceptual Framework

The study was guided by a modified Health Belief Model, which explains health-related behaviors based on perceived susceptibility, severity, benefits, and barriers. Mothers' demographic variables and sources of information were considered modifying factors influencing knowledge toward nocturnal enuresis and its management.

### Materials and Methods

#### Research Design

A quantitative descriptive survey research design was used.

#### Setting

The study was conducted at St. Mary's Convent School, Vikasnagar, Dehradun, Uttarakhand.

#### Population and Sample

The target population consisted of mothers of primary school children. A purposive non-probability sampling technique was used to select the sample.

#### Tool for Data Collection

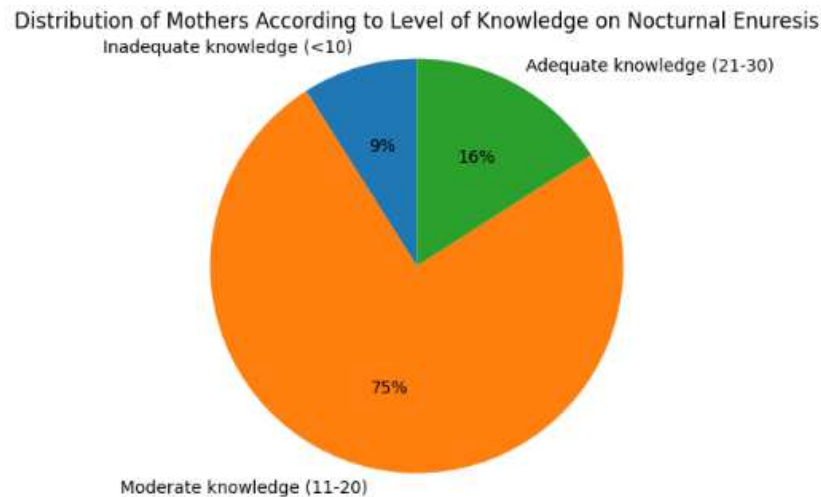
A self-structured questionnaire was developed, consisting of sections on socio-demographic variables, knowledge, related to nocturnal enuresis and its management.

#### Data Collection Procedure

After obtaining formal permission and informed consent, data were collected through direct administration of the questionnaire to the participants.

#### Data Analysis

Data were analysed using descriptive statistics such as frequency and percentage distribution.



**Figure 1: Pie chart showing distribution of mothers according to level of knowledge regarding nocturnal enuresis.**

The pie chart illustrates that the majority of mothers (75%) possessed a moderate level of knowledge regarding nocturnal enuresis and its management. A smaller proportion (16%) demonstrated adequate knowledge, while 9% of mothers had inadequate knowledge, indicating the need for focused health education interventions.

### Discussion

The findings suggest that while most mothers possess a basic understanding of nocturnal enuresis, comprehensive and accurate knowledge is lacking. Similar findings have been reported in previous studies, emphasizing the influence of parental awareness on early diagnosis and management. Improving maternal knowledge through structured health education may reduce stigma, promote timely intervention, and improve children's quality of life.

### Conclusion

Nocturnal enuresis remains a common, yet under-addressed childhood condition. The present study concludes that mothers' knowledge is predominantly moderate, with persistent misconceptions influencing attitudes and management practices. Regular health education programs led by nurses and school health services are recommended to enhance awareness, promote positive attitudes, and support effective management of nocturnal enuresis.

### Recommendations

- Conduct community-based health education programs for parents.
- Include nocturnal enuresis awareness in school health initiatives.
- Encourage early consultation with healthcare professionals.

### References

- [1] Butler, R. J., & Heron, J. (2020). An exploration of children's views of bedwetting at 9 years. *Child: Care, Health and Development*, 36(3), 1–8.
- [2] Caldwell, P. H. Y., Sureshkumar, P., & Wong, W. C. (2022). Triggers for nocturnal enuresis in children. *The Journal of Pediatrics*, 185, 55–61.
- [3] Chan, I. H. Y., & Wong, K. K. Y. (2017). Nocturnal enuresis in children: Epidemiology, pathophysiology, and management. *Hong Kong Medical Journal*, 23(6), 1–7.
- [4] Deshpande, A. V., & Caldwell, P. H. Y. (2022). Management of nocturnal enuresis in children. *Australian Journal of General Practice*, 51(4), 201–206.
- [5] Forsythe, W. I., & Butler, R. J. (2019). Fifty years of enuresis research. *Scandinavian Journal of Urology and Nephrology*, 38(3), 1–9.
- [6] Haid, B., & Tegel, S. (2021). Diagnosis and treatment of enuresis in children. *European Urology Focus*, 7(2), 227–234.
- [7] Hagglof, B., Andren, O., Bergstrom, E., Marklund, L., & Wendelius, M. (2020). Self-esteem in children with nocturnal enuresis. *Acta Paediatrica*, 87(9), 1–6.
- [8] Kuwertz-Bröking, E., & von Gontard, A. (2022). Clinical management of nocturnal enuresis. *Deutsches Ärzteblatt International*, 119(1), 1–7.
- [9] Paruszkiewicz, G. (2022). International Children's Continence Society guidelines for nocturnal enuresis. *Journal of Pediatric Urology*, 18(1), 1–9.

- [10] Reddy, N. M., Malve, H., Nerli, R., Venkatesh, P., & Agarwal, I. (2022). Nocturnal enuresis in Indian children: Diagnosis and management. *Indian Journal of Pediatrics*, 89(4), 345–351.
- [11] Rittig, N., Hagstroem, S., Siggaard, C., Mikkelsen, M. M., & Rittig, S. (2023). Long-term outcomes in children with enuresis. *Neurourology and Urodynamics*, 42(2), 1–10.
- [12] Zaffanello, M., Giacomello, L., Brugnara, M., & Fanos, V. (2021). Management strategies for nocturnal enuresis. *Italian Journal of Pediatrics*, 47(1), 1–8.

