

## **PENGARUH PELATIHAN PERTOLONGAN PERTAMA PADA GURU TERHADAP PENGETAHUAN DAN KETERAMPILAN MENANGANI CEDERA ANAK SEKOLAH DASAR**

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### **INTISARI**

**Latar belakang:** Cedera merupakan kejadian yang paling sering terjadi pada anak Sekolah Dasar (SD). Guru sebagai *first responder* memiliki pengetahuan pertolongan pertama (PP) yang rendah. Pelatihan menjadi edukasi yang efektif dalam penyampaian materi dan praktik PP.

**Tujuan:** Mengetahui pengaruh pelatihan PP pada guru terhadap pengetahuan, keterampilan dan retensi dalam menangani cedera anak SD.

**Metode:** Penelitian *quasy experimental pre-post test* dengan kelompok kontrol dilakukan pada 30 guru kelompok intervensi dan 30 guru kelompok kontrol. Penelitian dilakukan di 3 SD di Sleman pada bulan Februari-Maret 2025. Pelatihan terdiri dari ceramah, diskusi dan demonstrasi. Pengukuran pengetahuan dan keterampilan diukur pada saat *pre* dan *post* pelatihan serta retensi (2 minggu setelah pelatihan pada kelompok intervensi). Analisis data menggunakan *unpaired t-test*, *paired t-test* dan regresi linear.

**Hasil:** Nilai rerata selisih pengetahuan *pre-post test* dan standar deviasi kelompok intervensi ( $5,1 \pm 3,3$ ) lebih besar 4,43 daripada kelompok kontrol ( $0,67 \pm 2,4$ ). Nilai rerata selisih keterampilan *pre-post test* dan standar deviasi kelompok intervensi ( $14,3 \pm 4,9$ ) juga lebih besar 13,1 daripada kelompok kontrol ( $1,2 \pm 2,2$ ). Hal tersebut membuktikan adanya peningkatan signifikan dan *effect size* yang besar terhadap pengetahuan ( $p < 0,001$ ;  $d = 1,5$ ) dan keterampilan ( $p < 0,001$ ;  $d = 3,4$ ) PP guru. Pelatihan PP juga memberikan pengaruh yang signifikan terhadap retensi pengetahuan ( $p = 0,001$ ) dan keterampilan ( $p = 0,006$ ) PP guru. Variabel luar pengalaman menolong mempengaruhi keterampilan PP, sedangkan keterampilan PP dipengaruhi oleh variabel luar pengalaman menolong dan paparan informasi.

**Kesimpulan:** Pelatihan PP mempunyai pengaruh signifikan terhadap pengetahuan dan keterampilan serta tingkat retensi guru dalam menangani cedera anak SD.

**Kata kunci:** pelatihan, pertolongan pertama, sekolah, gawat darurat

## **THE EFFECT OF FIRST AID TRAINING FOR TEACHERS ON THE KNOWLEDGE AND SKILLS OF HANDLING ELEMENTARY SCHOOL CHILDREN'S INJURIES**

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### **ABSTRACT**

**Background:** Injuries are the most common occurrence among elementary school children. Teachers, as first responders, have limited knowledge of first aid. Training is an effective educational method for delivering first aid material and practice.

**Objective:** To determine the effect of first aid training on teachers' knowledge, skills, and retention in handling injuries among elementary school children.

**Method:** A quasi-experimental pre-post test study with a control group was conducted on 30 teachers in the intervention group and 30 teachers in the control group. The study was conducted at three elementary schools in Sleman from February to March 2025. The training consisted of lectures, discussions, and demonstrations. Knowledge and skills were measured before and after the training, and retention was measured two weeks after the training in the intervention group. Data analysis used unpaired t-test, paired t-test, and linear regression.

**Results:** The mean difference value of knowledge score and standard deviation of the intervention group ( $5,1 \pm 3,3$ ) was 4.43 higher than that of the control group ( $0,67 \pm 2,4$ ). The mean difference value of skill scores and the standard deviation of the intervention group ( $14,3 \pm 4,9$ ) were also significantly higher than those of the control group ( $1,2 \pm 2,2$ ). This proves that there was a significant increase and large effect size on the knowledge ( $p < 0,001$ ;  $d = 1,5$ ) and skills ( $p < 0,001$ ;  $d = 3,4$ ) of first aid. First aid training also had a significant effect on the retention of knowledge ( $p = 0,001$ ) and skills ( $p = 0,006$ ). External variables related to helping experience influenced first aid skills, while first aid knowledge were influenced by external variables related to helping experience and information exposure.

**Conclusion:** First aid training has a significant effect on teachers' knowledge, skills, and retention levels in handling injuries among elementary school children.

**Keywords:** first aid, training, emergency responder, school