Validasi Modul Pelatihan *Psychological First Aid* Dalam Bencana Alam

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Abstrak

Psychological First Aid (PFA) merupakan salah satu tindakan dalam pelaksanaan pemberian bantuan pasca bencana. Dewasa ini masih sedikit publikasi yang membuktikan secara empirik mengenai pelatihan PFA di Indonesia. Peneliti ini bertujuan untuk melakukan validasi terhadap Modul Pelatihan PFA dalam Bencana Alam. Uji validitas modul dilakukan melalui uji validitas isi dan konstruk. Hasil uji validitas isi modul berdasarkan penilaian dari 3 ahli mendapatkan koefisiensi Aiken's V sebesar 0,779 (V>0,50). Uji validitas konstruk dengan desain eksperimen *pretest-posttest control group design.* Partisipan di dalam eksperimen dan kontrol masing-masing terdiri atas 26 relawan*.* Pengukuran terhadap dampak pelatihan dilakukan menggunakan Tes Pengetahuan PFA dan Skala K-PFA. Hasil uji *Wilcoxon* menunjukkan peningkatan Pengetahuan (p = 0,001) dan Keyakinan Menerapakan Keterampilan PFA (p =0,001) pada kelompok eksperimen. Hasil *Mann-Whitney* menunjukkan bahwa terdapat perbedaan yang signifikan antara kelompok eksperimen dan kelompok kontrol (p = 0,001). Hal ini menunjukkan bahwa Modul Pelatihan *Psychological First Aid* dalam Bencana Alam memiliki validitas isi yang baik dan konstruk yang baik.

Kata kunci: bencana, bantuan psikososial, *psychological first aid,* pelatihan

Validation of Psychological First Aid Training Module in Natural Disaster

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Abstract

Psychological First Aid (PFA) is one of actions implementating post-disaster assistance. Today there are still few publications that prove empirically about PFA training in Indonesia. Therefore, this study aims to validate the PFA Training Module in Natural Disasters. The module validity test is done by testing the content and construct validity. The results of the content validity test were carried out using ratings from 3 experts. The results of the module content validity test based on the assessment of 3 experts received Aiken's V coefficient of 0.779 (V> 0.50). The construct validity test with the experimental design of the pretest-posttest control group design. Participants in the experiment and control each consisted of 26 volunteers. Measurement of the impact of training was carried out using the PFA Knowledge Test and K-PFA (Confidence in Skills) Scale. The Wilcoxon test results showed that there is an increase in Knowledge (p = 0,001) and Confidence in Applying PFA Skills (p = 0,001) of experimental group. The Mann-Whitney results show that there were significant differences between the experimental group and the control group (p = 0,001). This shows that the Psychological First Aid Training Module in Natural Disasters has good content and functional validity.

Keywords: disaster, psychosocial support, psychological first aid, training