

**KAJIAN
KESIAPSIAGAAN FISIK DAN STATUS MENTAL RESCUER
KANTOR PENCARIAN DAN PERTOLONGAN
YOGYAKARTA**

Oleh:
Agustinus Setiawan

INTISARI

Kesiapsiagaan fisik dan status mental rescuer Kantor Pencarian dan Pertolongan Daerah Istimewa Yogyakarta merupakan hal yang penting dalam rangka menanggulangi bencana di wilayah Provinsi Daerah Istimewa Yogyakarta (DIY). Tingkat kesiapsiagaan fisik dan mental rescuer menentukan keberhasilan operasi pencarian dan pertolongan pada masa tanggap darurat bencana di DIY. Tujuan penelitian ini adalah mengkaji kemampuan fisik, status mental dan kesiapsiagaan fisik dan status mental rescuer Kantor Pencarian dan Pertolongan Yogyakarta.

Penelitian dilakukan menggunakan metode kuantitatif dan pengumpulan data menggunakan tes dan pengukuran. Pendekatan kuantitatif digunakan untuk mengkaji kesamaptaan jasmani dan status mental dengan tes kesamaptaan jasmani Basarnas berupa tes kesamaptaan jasmani “A” (lari 2400m) dan tes kesamaptaan jasmani “B” (Pull up, sit up, push up dan shuttle run) dan tes status mental Woodworth berupa kuesioner kepada rescuer Kantor Pencarian dan Pertolongan Yogyakarta yang bertugas di wilayah DIY. Hasil tes dan pengukuran mengkaji kesamaptaan jasmani dan status mental Kantor Pencarian dan Pertolongan Yogyakarta, dengan melakukan tabulasi silang antara kesamaptaan jasmani dan status mental untuk mengetahui kesiapsiagaan fisik dan status mental Kantor Pencarian dan Pertolongan Yogyakarta pada masa tanggap darurat bencana di DIY.

Hasil penelitian menunjukkan tingkat kesamaptaan jasmani Kantor Pencarian dan Pertolongan Yogyakarta Kesamaptaan Jasmani Rescuer Kantor Pencarian dan Pertolongan Yogyakarta dengan rata-rata nilai 47.85 termasuk dalam kategori “Sedang”. Status mental rescuer Kantor Pencarian dan Pertolongan Yogyakarta yaitu sebanyak 46 % mempunyai kriteria normal 49% kriteria gangguan mental kecenderungan, dan 5% mempunyai kriteria gangguan. Kesiapsiagaan fisik dan status mental rescuer Kantor Pencarian dan Pertolongan Yogyakarta yaitu terdapat 67 % rescuer yang memenuhi standar dan 33% rescuer yang belum memenuhi standar.

Kata Kunci: Kesamaptaan Jasmani, Status Mental, Tanggap Darurat, Bencana, Woodworth

***STUDY OF PHYSICAL PREPAREDNESS AND MENTAL STATUS OF RESCUER
SEARCH AND RESCUE YOGYAKARTA***

By:
Agustinus Setiawan

ABSTRACT

Physical preparedness and mental status of rescuers from the Yogyakarta Special Region Search and Rescue Office are important in dealing with disasters in the Special Region of Yogyakarta (DIY). The level of physical and mental preparedness of rescuers determines the success of search and rescue operations during the disaster emergency response period in DIY. The purpose of this study was to assess the physical ability, mental status and physical preparedness and mental status of rescuers at the Yogyakarta Search and Rescue Office.

The research was conducted using quantitative methods and data collection using tests and measurements. A quantitative approach is used to assess physical fitness and mental status with the Basarnas physical fitness test in the form of a physical fitness test "A" (2400m run) and a physical fitness test "B" (Pull ups, sit ups, push ups and shuttle runs) and mental status tests. Woodworth was in the form of a questionnaire to rescuers from the Yogyakarta Search and Rescue Office who served in the DIY area. The results of the tests and measurements assessed the physical fitness and mental status of the Yogyakarta Search and Rescue Office, by cross-tabulating between physical fitness and mental status to determine the physical preparedness and mental status of the Yogyakarta Search and Rescue Office during the disaster emergency response period in DIY.

The results showed that the level of physical fitness of the Yogyakarta Search and Rescue Office was included in the "Medium" category. The mental status of rescuers at the Yogyakarta Search and Rescue Office, as many as 46% rescuers had normal criteria, 49% rescuers had mental disorder criteria, and 5% rescuers had impaired criteria. The physical preparedness and mental status of rescuers from the Yogyakarta Search and Rescue Office were recorded as 67% rescuers who met the standards and 33% rescuers who did not meet the standards.

Keywords: Physical Fitness, Mental Status, Emergency Response, Disaster, Woodworth