

Research Article

Effect of Personal Health Education on the Knowledge of Pramuka Student Members at SMA Pencawan Medan

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A B S T R A C T

Abstract- First aid is intended to provide the victim with temporary relief as soon as possible, accurately, and with the goal of preserving life, lowering the number of victims with disabilities, and giving the victim a sense of security and comfort before more qualified medical assistance is obtained. Students at SMA Pencawan who were Scout members did not know about first aid since they had never been taught about it in health education, according to a preliminary survey. The study's goal is to ascertain how first aid health education affects students' and scouts' first aid knowledge at SMA Pencawan Medan. Thirty scouts made up the study's population. Total sampling, in which the number of samples is equal to the population, is the sampling strategy used in this investigation. A one-group pre-post test design is used in the pre-experiment research design. SAP and questionnaires are used in the data collection tool. Wilcoxon test data analysis yielded pretest values of 14,17 and posttest values of 26,40 with p value = 0,000 (p <0,05). This study suggests that health education has an impact on the knowledge of Scout members' students at SMA Pencawan Medan. In order to address incidents of injuries in the school and community setting, it is hoped that the school will ask the student members to participate in administering first aid.

Keywords: Health Education, Knowledge, First Aid

Introduction

First aid in an accident is a form of temporary relief to the victim as quickly and accurately as possible before getting medical help that is more competent so that the victim does not become more severe (Thygerson, 2011). The purpose of first aid, namely to maintain life, reduce the number of

disabilities and provide a sense of security and comfort to the victim (Machfoedz, 2007).

Some cases that require first aid are like a case of traffic accidents, falls, poisoning, drowning, burns, stopping breath and other injuries such as choking, and bleeding (Yunisa, 2010). According to a UNICEF (2008) report based on data

on injuries per 100,000 children under the age of 20, boys are said to be more often injured and worse than girls. For the occurrence of injuries, especially in schools is 34.4%

Based on Riskesdas (2013), in North Sumatera Province as well as the third largest city in Indonesia, as many as 731 cases of traffic accidents with the deaths of 179 people and mostly teenagers (Sinaga, 2012). Given that the highest incidence of injury occurs in children aged 10-24 years (WHO, 2013), then students should have knowledge of first aid. According to Thygerson (2011), it is said that it is better to know first aid and not need it than require first aid but not know it.

Knowledge is the result of "knowing" and it happens after people have a sense of a particular object. Knowledge itself is influenced by the factor of formal education. Knowledge basically consists of a number of facts and theories that enable one to be able to solve the problems it faces. Such knowledge is gained either from direct experience or through the experience of others (Notoatmodjo, 2014).

Based on the research journal Susiyanti (2012) entitled "The relationship of knowledge with the readiness of giving first aid in daily life on health students" it is said that knowledge becomes one of the decisive factors in the readiness to provide first aid. This is because, students who have received a course on first aid will know the first aid well and have 2 times more chance to be ready to give first aid. For that, everyone should be able to do first aid, because most people will eventually be in situations that require first aid for others or themselves. So, it can be concluded that everyone should be able to do first aid, and at least have to know.

Based on the results of Metin's (2009) study entitled "Level of knowledge about the first aid of the University students" it was concluded that knowledge about help was not adequate and other similar research results were Nurul Jannah (2014) on "Vocational High School (SMK) X in Jakarta 2014" data obtained that of 93 students who made the respondents, only 36.6% of students who already have a good understanding of first aid Preliminary data survey with interview method conducted by the researcher on January 5, 2017 in SMA Pencawan Medan, that the most common injuries are students who suffered sports injuries and during play, such as sprains, blisters and fainting. Data in UKS from July to December 2016, which fainted there were 19 people, injured while playing / sports such as minor injuries 27 people and to dislocate 5 people. Based on the above phenomenon the authors conclude that it is still frequent and many school-aged children are often injured. At the school to handle injured and unconscious students there is no special / extra-curricular group capable of handling such a case of injury. As one of the extracurricular activities that is, the scouts have members as many as 30 people.

Students of this Boy Scout many do not know about first aid because they have never get health education about first aid, whereas in scout program activity activity there is first aid material.

Schools that are the goals of health education are expected to change behavior according to health values. Schools are now expected to reduce mortality and disability caused by accidents by giving knowledge about first aid (Endiyono, 2016).

Health education is an activity to help individuals, groups or communities in improving their behavioral skills to achieve optimal health (Murwani, 2014). Health education in achieving changes in community behavior is emphasized on predisposing factors of behavior, by providing information or increasing knowledge (Notoatmodjo, 2012). Health education method can be done by seminar method, counseling, lecturing and speech (Murwani, 2014).

The results of research Kristanto, et al (2016) say that knowledge increases after the lecture and simulation of first aid. From the above research the authors conclude by doing health education first aid either health education by lecture or simulation method can increase one's knowledge. Based on the above description the researcher concludes that there are still many teenagers who do not know about first aid. Teenagers who are golden age in good development to maximize child intelligence, and to improve knowledge, where for now the most appropriate target in providing health education is at school. Therefore, the researcher is interested to do research on the Influence of First Aid Health Education on Student Knowledge of Scout Member About First Aid In SMA Pencawan Medan.

Research Methods

The design of this research is pre experiment by using one-group pre-post test design. The research instrument on health education using SAP and measuring tools for knowledge is, the questionnaire with the number of 30 items statement, using the guttman scale.

The population in the study were 30 scout members. The sampling technique in this study is the total sampling, where the number of samples is the same as the population.

The data needed in this research is obtained by using questionnaire sheet. Filling out the questionnaire sheet is done by data collectors on nursing services. Filling in the questionnaire sheet is done by checking the checklist (v) in the selected column. The researcher tested the validity of the instrument on 30 students of the Boy Scouts at SMA Budi Murni 2 Medan. Validity test using Pearson Product Moment (r), got the value of $r_{count} >$ from r table with significance level 0,05 with result that is $r_{count} >$ 0,361, then all statement in questionnaire is valid. In this reliability test alpha cronbach 0.973, then all questions are declared reliable.

Results and Discussion

Result

The study was conducted from March 11 to April 8, 2017, conducted by first-aid education using lecture method, with flipchart aids and booklets, then gave questionnaires to the respondents before and after the intervention.

The implementation of this research is 5 times, every Friday. Data processing in this study using statistical test using one of the existing programs in the computer, the Wilcoxon signed rank test.

The wilcoxon test is a nonparametric test used to test whether there is an effect of first-class health education on the knowledge of students of Scout members at SMA Pencawan Medan. The decision of the research hypothesis test is based on a significant level of 0.05. If the significance of the count is smaller than the specified significance H_a is accepted. Vice versa if the significance of the count is greater than the significance specified then H_a rejected

Table 1 shows that the majority of female respondents are 18 (60.0%). Majority of respondent's age is 15 years counted 16 people (53,3%), and religion of majority respondent is protestant counted 20 person (66,7%). Based on the respondents' tribe, the majority tribe is batak Toba as much as 16 people (53,3%), and for the prevalence of class / department consist of X IPA and X IPS each that is 11 people (36,7%) and 19 person 63.3%.

Table 1. Frequency Distribution Characteristics of Respondents in SMA Pencawan Medan Year 2017

Characteristics	(f)	%
Never Attended Seminar		
Yes	3	10,0
No	27	90,0
Total	30	100
Reading P3K from print media		
Yes	30	100
No	0	0
Total	30	100
Obtaining P3K materials from electronic media		
Yes	30	100
No	0	0
Total	30	100

Based on Table 2 above, obtained data that the majority of respondents have never followed the seminar on first aid that is as many as 27 people (90.0%). Most of respondents had read material about first aid through print media that is as many as 30 people (100%), and for who had received first aid materials through electronic media is all respondents that as many as 30 people (100%).

Table 2. Frequency Distribution of Respondents Based on How to Acquire Knowledge of First Aid at SMA Pencawan Medan Year 2017

Characteristics	(f)	%
Gender		
Man	12	40,0
Women	18	60,0
Total	30	100
Age		
15 Tahun	16	53,3
16 Tahun	10	33,3
17 Tahun	4	1,4
Total	30	100
Religion		
Katolik	10	33,3
Protestan	20	66,7
Total	30	100
Tribe		
Batak Toba	16	53,3
Batak Karo	10	33,3
Batak Simalungun	1	3,3
Pakpak	1	3,3
Nias	2	6,7
Total	30	100
Kelas/ Jurusan		
X IPA	11	36,7
X IPS	19	63,3
Total	30	100

Based on table 3, it is found that before the health education intervention, the majority of respondents' knowledge is less that is 23 people (76,7%), and minority of respondent have good knowledge there is 1 person (3,3%). After the intervention obtained data that the majority of respondents have good knowledge as many as 28 people (93.3%) and minority of respondents have less knowledge that is 1 person (3.3%).

Table 3. Knowledge of respondent before and after given health education at SMA Pencawan Medan Year 2017

No	Knowledge	Pre		Post	
		F	%	f	%
1	Good	2	6,7	28	93,3
2	Enough	5	16,7	1	3,5
3	Less	23	76,7	1	3,3
	Total	30	100	30	100

Table 4. Knowledge Differences of Respondents Before and After Intervention Conducted Health Education First Aid to Students Scouts at SMA Pencawan Medan Year 2017

Pengetahuan	F	Mean	SD
Pre	30	14,17	4,348
Post	30	26,40	2,811
Sig.2(t-tailed)	-	-	0,000

Based on Table 4 the results obtained, the average knowledge before the health education intervention was 14.17, whereas after intervention 26,40 and the value of Std.Deviation before intervention 4,348, whereas after intervention 2,811. This suggests that knowledge before and after the first aid health education intervention of the Scout pupils in SMA Pencawan Medan has a significant difference. Based on statistical test results obtained $p = 0,000$ where $p < 0.05$. These results indicate that there is a meaningful influence before and after the first aid health education to the knowledge of students and girls in scout members in SMA Pencawan Medan.

Discussion

Knowledge of respondents before the intervention of health education Knowledge of the students of scout in SMA Pencawan in 2017, which amounted to 30 people before the first aid health education intervention, obtained the data that the majority of respondents have less knowledge (76.7%). According Sandy (2012), factors that influence knowledge, among others, age, education, experience, mass media and social culture. Other factors that also affect a person to gain knowledge are intrinsic factors, in the form of a desire to succeed, encouragement of learning needs and expectations of ideals. While extrinsic factor is appreciation, conducive environment and interesting learning activity (Uno, 2007).

This is in line with Triningsih's (2014) study, saying age, education, and employment influence knowledge, where mature age does not guarantee a person's knowledge increases unless accompanied by curiosity and search for information. The place of work is also able to be a source of knowledge, where one is able to socialize with around by sharing experiences and higher education able to give broad insight about a thing.

Based on the results of the research, prior to first aid health education that there is only one respondent who has good knowledge (3.3%), where the respondent has attended seminars on first aid and often repeat reading material about first aid. Respondents who have enough knowledge there are as many as 5 respondents (16.7%), this is because respondents have been reading from various media but

not yet understand well about first aid. Prior to this first aid health education intervention, many respondents received prior to first aid health education interventions had less knowledge (76.7%), especially about first aid in animal bite / sting. This is because the majority of respondents have never received first aid health education directly, respondents only obtain first aid knowledge through print and electronic media, and respondents never read repeatedly about first aid, this makes respondents not so remember how it was first aid . Reading alone can also make the perceptions of everyone who reads differently in drawing a conclusion. Therefore, first aid health education interventions with knowledge goals can be increased after intervention.

Knowledge of respondents after health education intervention In this study, the knowledge of respondents after the first health education intervention on first aid, the data obtained that knowledge to increase where knowledge of good category (93.3%), while enough (3.3%) and less (3.3%). Knowledge change in respondents after health education is in accordance with the theory according to Notoatmodjo (2011), health education is an attempt to motivate or coordinate goals so that they behave in accordance with the demands and health values. The characteristic of a person who is motivated in following an education, can be concluded from someone who has a positive attitude, that shows interest, has attention and wants to participate in learning activities (Murwani, 2014). Educators' efforts can also influence the success of the target in receiving the submitted material. The ability, behavior, and material of interest from an educator can stimulate the target, so that the target is interested and able to give attention and be able to remember (Nursalam, 2009).

Based on the results of research Saptiningrum (2016) showed first aid knowledge on food poisoning before being given health education has increased. The results of this study indicate significant changes after health education with demonstration methods. Where interesting methods are able to attract attention and increase one's memory. Other research says that the increase of knowledge also happened to the respondents who were given health education either by lecture method or using leaflet (Lestari, 2010).

Based on the results obtained, the knowledge of respondents after the intervention, there are 1 respondents with less knowledge (2.3%) and 2 respondents sufficient (4.5%) this is due, because less curiosity, seen when respondents are not serious and focus in following Activities. However, the majority of respondents have good knowledge, and there is an improvement after being given a health education. This is caused by the sensing process by the respondent to an

object, where the first aid health education is the object, another thing that increase the knowledge of the respondent is because first aid health education is a new matter / matter and make the respondent interested to follow the activity, seen during the activity Took place, where, respondents were enthusiastic and many respondents were asking questions about first aid. Therefore, first aid health education can serve as an intervention to improve knowledge.

The influence of first aid health education on knowledge In this study, the results obtained from 30 respondents is that there are differences in average before and after first aid health education intervention, where the mean rank value before intervention is 14.17 and after intervention is 28.11. Other studies that support that health education is very effective to be used for anyone to increase knowledge, studied by Yuliani, et al (2015), obtained the results of statistical analysis wilcoxon test showed there is an increase in knowledge of the elderly between before and after show that the influence of health education meaningful To increase knowledge. Explained that the increased knowledge comes from curiosity, willingness, ability and means that can improve one's knowledge.

Conclusions

The following conclusions can be drawn from the study's findings regarding the impact of first aid and health education on students' knowledge and scout members at SMA Pencawan Medan, which included 30 samples of respondents:

1. Less respondents (76,7%) knew how to administer first aid prior to the implementation of health education.
2. The percentage of respondents who are proficient in first aid prior to health education intervention is high (93,3%).
3. First aid health education has an impact on knowledge. The Wilcoxon test yielded a value of $p = 0,000$ where $p < 0,05$, indicating a significant difference between the pre- and post-first aid health education periods for student scout members in SMA Pencawan 2 Field.

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