

**PENGARUH PELATIHAN *BASIC LIFE SUPPORT* AWAM TERHADAP  
TINGKAT PENGETAHUAN, KETERAMPILAN, SIKAP PADA  
PERTOLONGAN HIDUP DASAR  
DI PONDOK PESANTREN GONTOR KEDIRI  
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**Abstrak**

**Latar Belakang**

Henti jantung mendadak merupakan penyebab utama kematian di banyak negara.<sup>1</sup> Angka henti jantung di Indonesia belum ada data yang pasti namun diperkirakan sekitar 10 ribu orang per tahun atau 30 orang per hari.<sup>4</sup> Pasien yang pada awal serangan segera dilakukan pertolongan oleh orang terdekat dan ditemukan irama VF serta kemudian dilanjutkan oleh personel rumah sakit atau EMS untuk penanganan selanjutnya, maka angka bertahan hidup mencapai 31.7 persen.<sup>5</sup> Banyak komponen yang langsung dan tidak langsung mempengaruhi keberhasilan resusitasi jantung paru antara lain: identifikasi dan pertolongan dini korban, kualitas penolong dan kualitas resusitasi yang diberikan<sup>6,7</sup> Kualitas pelatihan yang diberikan oleh lembaga-lembaga yang melatih *Basic Life Support* juga mempengaruhi keberhasilan resusitasi.<sup>7,8,9</sup> Sampai saat ini tidak ada data kualitas pelatihan *Basic Life Support* awam. Oleh karena itu perlu penelitian tentang pengaruh pelatihan *Basic Life Support* awam terhadap tingkat pengetahuan, keterampilan dan sikap.

**Tujuan**

Menganalisis pengaruh pelatihan *Basic life support* terhadap tingkat pengetahuan, keterampilan, sikap siswa pondok Pesantren Gontor Kediri tentang bantuan hidup dasar.

**Metode**

Penelitian ini menggunakan rancangan penelitian studi *quasy experimental*. Subjek penelitian adalah 1378 siswa Pondok Pesantren Gontor di Kediri. Terdiri dari 778 siswa putra dan 600 siswa putri. Siswa diberikan pelatihan mengenai *Basic Life Support*/bantuan hidup dasar selama satu hari dibandingkan tingkat pengetahuan dan sikap sebelum dan sesudahnya (*pre post test design*) artinya peneliti ingin membandingkan pengaruh pre post pelatihan *Basic Life Support* terhadap tingkat pengetahuan dan sikap siswa dalam melakukan *Basic Life Support* kemudian dihubungkan dengan tingkat keterampilan siswa dalam melakukan bantuan hidup dasar setelah pelatihan.

**Hasil**

Terdapat beda signifikan tingkat pengetahuan dan sikap pada semua kelompok laki-laki, wanita, dan keseluruhan peserta pelatihan, Uji korelasi menunjukkan hubungan pengetahuan dengan sikap, pengetahuan dengan keterampilan dan sikap dengan keterampilan seluruhnya menunjukkan hubungan signifikan. Namun demikian ada 1 hubungan yang tidak signifikan adalah hubungan sikap dan pengetahuan pada kelompok laki – laki.

**Kesimpulan**

Pelatihan *Basic Life Support* awam di Pondok Pesantren Gontor Kediri meningkatkan tingkat pengetahuan, sikap dan keterampilan pesertanya.

**Kata kunci:** Pelatihan, *Basic Life Support*, Awam, Pengetahuan, Keterampilan, Sikap.

# THE EFFECTS OF BASIC LIFE SUPPORT TRAINING FOR NON MEDICAL PERSONNEL ON THE LEVELS OF KNOWLEDGE, SKILL, ATTITUDE AT PONDOK PESANTREN GONTOR KEDIRI

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## Abstract

### Background

Sudden cardiac arrest is the leading cause of death in many countries.<sup>1</sup> There is still no clear data explaining cardiac arrest rates in Indonesia, but it is estimated to be around 10,000 people per year or about 30 persons per day.<sup>4</sup> In patients who are at the onset and immediately rescued by the nearest person then found VF, followed by hospital personnel or EMS for subsequent treatment, the survival rate reaches 31.7 percent. Many of the components directly and indirectly affecting the successful rates of cardiopulmonary resuscitation, including: early identification, early basic life support to victims, the quality of helper and the resuscitation given. The quality of training provided by institutions that train Basic Life Support also affects the successful rates of resuscitation. Unfortunately, there are no data describing the quality of training on Basic Life Support for non medical personnel in Indonesia. Therefore, research about the effects of Basic Life Support training for non medical personnel on the level of knowledge, skill and attitude is needed.

### Objective

To analyze the effects of Basic Life Support training on the level of knowledge, skill, and attitude for the students of *Pondok Pesantren Gontor Kediri*.

### Method

This study use a quasy-experimental design. The subjects of this research were 1378 students of *Pondok Pesantren Gontor Kediri*. It consisted of 778 male and 600 female students. The students were trained about Basic Life Support in one day and then compared the levels of knowledge and attitude using pre-post test design, it means that the researcher would like to compare the effects of pre and post training of Basic Life Support on the level of knowledge and attitude, which then linked to the student's skill level in performing basic life support after the training.

### Results

There are significant differences in the level of knowledge and attitude across all groups of male, female, and overall trainees. The correlation test results show that the relationship between knowledge and attitude, knowledge and skill, attitude and skill, all of them show significant relationship. However, there is insignificant relationship between attitude and knowledge to the male group.

### Conclusion

Basic Life Support training for non medical personnel at *Pondok Pesantren Gontor Kediri* enhance the level of knowledge, attitude and skill of all participants.

**Keywords:** Training, Basic Life Support, Non Medical Personnel, Knowledge, Skill, Attitude.