

**ABSTRACT****THE EFFECT OF HEALTH EDUCATION ABOUT BASIC LIFE SUPPORT ON FAMILY BEHAVIOR IN GIVING FIRST AID AT HOME TO PATIENTS WITH RISK OF HEART ATTACK****Quasy Experimental****By: Shindy Ariatna Andinar**

OHCA events due to heart attack are caused by delay in first aid. Families play a role in the initial identification of family members who experience heart attack at home. This research is aim to analyze the effect of health education about Basic Life Support on family behavior in providing first aid at home to patients with risk of Heart Attack in Gayungan District, Surabaya.

This research used an experimental quasy design using pre-post test. This research consist of 12 respondents in the treatment group and 12 respondents in the control group using purposive sampling technique. Data were analyzed using the Wilcoxon Signed Rank Test and Mann Whitney U Test with significance levels  $p < 0.05$ . The Wilcoxon Signed Rank Test results showed that in the treatment group after being given BLS health education knowledge ( $p = 0.010$ ), attitude ( $p = 0.016$ ) and action ( $p = 0.002$ ), while in the control group knowledge ( $p = 1,000$ ), attitude ( $p = 1,000$ ) and action ( $p = 1,000$ ). The results of the Mann Whitney U Test between the treatment group and the control group showed BLS health education results on knowledge ( $p = 0,000$ ), attitudes ( $p = 0,001$ ), and actions ( $p = 0,000$ ).

This study shows that health education about Basic Life Support affects the behavior (knowledge, attitudes, and actions) of families in providing first aid at home in patients with risk of heart attack. It is hoped that further research can follow up on BLS training on an ongoing basis.

**Keywords: Basic life support, heart attack, family**

**ABSTRAK****PENGARUH PENDIDIKAN KESEHATAN TENTANG *BASIC LIFE SUPPORT* TERHADAP PERILAKU KELUARGA DALAM MEMBERIKAN PERTOLONGAN PERTAMA SAAT DI RUMAH DENGAN PASIEN RISIKO *HEART ATTACK******Quasy Experimental*****Oleh : Shindy Ariatna Andinar**

Kejadian OHCA akibat *heart attack* disebabkan oleh keterlambatan pertolongan pertama. Keluarga berperan dalam identifikasi awal anggota keluarga yang mengalami *heart attack* di rumah. Tujuan penelitian ini adalah untuk menganalisis pengaruh pendidikan kesehatan tentang *Basic Life Support* terhadap perilaku keluarga dalam memberikan pertolongan pertama saat di rumah dengan pasien risiko *Heart Attack* di Kecamatan Gayungan, Surabaya.

Penelitian ini menggunakan desain *quasy experimental* dengan menggunakan *pre-post test design*. Terdiri dari 12 responden kelompok perlakuan dan 12 responden kelompok kontrol menggunakan teknik *purposive sampling*. Data dianalisis menggunakan *Wilcoxon Signed Rank Test* dan *Mann Whitney U Test* dengan tingkat kemaknaan  $p < 0,05$ . Hasil uji *Wilcoxon Signed Rank Test* menunjukkan pada kelompok perlakuan setelah diberikan pendidikan kesehatan BLS didapatkan hasil pengetahuan ( $p=0,010$ ), sikap ( $p=0,016$ ) dan tindakan ( $p=0,002$ ), sedangkan pada kelompok kontrol didapatkan hasil pengetahuan ( $p=1,000$ ), sikap ( $p=1,000$ ) dan tindakan ( $p=1,000$ ). Hasil uji *Mann Whitney U Test* antara kelompok perlakuan dan kelompok kontrol menunjukkan hasil pendidikan kesehatan BLS terhadap pengetahuan ( $p=0,000$ ), sikap ( $p=0,001$ ), dan tindakan ( $p=0,000$ ).

Penelitian ini menunjukkan pendidikan kesehatan tentang *Basic Life Support* berpengaruh terhadap perilaku (pengetahuan, sikap, dan tindakan) keluarga dalam memberikan pertolongan pertama saat di rumah pada pasien dengan risiko *heart attack*. Diharapkan penelitian selanjutnya dapat menindaklanjuti pelatihan BLS secara berkesinambungan.

**Kata kunci : *Basic life support, heart attack, keluarga***