

**PENGARUH PENINGKATAN KOMPETENSI *FIRST AID* TERHADAP
SELF AWARENESS RELAWAN DAN MASYARAKAT BENCANA DI
DESA DAYU KECAMATAN GONDANGREJO KABUPATEN
KARANGANYAR**

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ABSTRAK

Desa Dayu Kecamatan Gondangrejo merupakan salah satu desa yang merupakan lokasi rawan bencana. Relawan bencana di Desa Dayu baru terbentuk dan kompetensi *first aid*-nya belum dilengkapi, namun mereka memiliki jiwa sosial dan jiwa kepemimpinan yang serius. Relawan Desa Dayu kebanyakan adalah relawan baru dan banyak relawan yang belum mendapatkan pelatihan dan pendidikan pertolongan pertama atau *first aid*, bahkan sebagian relawan belum paham bagaimana cara melakukan pertolongan *first aid* dengan baik dan benar. Adapun tujuan penelitian ini adalah menganalisis tingkat pengetahuan dasar terkait kompetensi *first aid* relawan, menganalisa pengaruh peningkatan kompetensi *first aid* terhadap *self-awareness* relawan, dan menganalisa strategi peningkatan *self awareness* relawan bencana di Desa Dayu, Kecamatan Gondangrejo Kabupaten Karanganyar. Metode penelitian ini menggunakan penelitian berjenis *Pre-Eksperiment* dengan metode *One Group Pre-test and Post-test Design*. Alat ukur yang digunakan dalam penelitian ini adalah Kuesioner *First Aid* yang diadaptasi dari penelitian Sihombing tahun 2019, dan Kuesioner *Self-Awarenes*. Hasil dari penelitian ini adalah pengetahuan dasar terkait kompetensi *first aid* mendapat nilai sebesar 80% sebanyak 24 relawan, sedangkan presentase terkecil adalah yang mendapat nilai baik sebesar 6,67% sebanyak 2 relawan, dan sisanya adalah responden yang mendapat nilai kurang sebesar 13,33% sebanyak 4 relawan. Hasil lainnya, terjadi peningkatan kompetensi setelah dilakukanya pelatihan *first aid* presentase dengan nilai baik mencapai 93,33% atau sebanyak 28 responden dan terjadi peningkatan *self-awareness* setelah dilakukanya pelatihan *first aid* presentase dengan nilai baik mencapai 86,66% atau sebanyak 26 responden. Berdasarkan hasil uji *paired t-test* diperoleh nilai $p\text{-value} = 0,000$ ($p < 0,05$) menyatakan ada pengaruh peningkatan kompetensi *first aid* terhadap *self-awareness* relawan bencana di Desa Dayu, Kecamatan Gondangrejo, Kabupaten Karanganyar. Selanjutnya, hasil penelitian menemukan strategi peningkatan *Self-awareness* dapat dilakukan dengan pelatihan guna meningkatkan kompetensi yang dapat mempengaruhi dalam mengendalikan dorongan hati, kemampuan untuk memahami diri, dan kemampuan bersikap optimis yang mampu meningkatkan *Self awareness* selain itu juga dapat mengaplikasikan teori dari parson yang diistilahkan sebagai skema AGIL (*Adaptation, Goal attainment, Integration, Latency*).

Kata kunci: Kompetensi First Aid, Self Awareness, Relawan Bencana

**THE INFLUENCE OF FIRST AID COMPETENCE IMPROVEMENT ON
THE SELF-AWARENESS OF VOLUNTEERS AND DISASTER
COMMUNITIES IN DAYU VILLAGE, GONDANGREJO DISTRICT,
KARANGAN REGENCY**

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ABSTRACT

Dayu Village, Gondangrejo District is one of the villages in a disaster-prone location. Disaster volunteers in Dayu Village have just been formed, and their first aid competencies have not been equipped, but they have a severe social spirit and leadership spirit. Most Dayu Village volunteers are new volunteers, and many have not received first aid training or education. Some volunteers don't even know how to administer first aid properly. The purpose of this study was to analyze the level of basic knowledge related to the competence of first aid volunteers, to analyze the effect of increasing first aid competence on volunteer self-awareness, and to analyze strategies for increasing self-awareness for disaster volunteers in Dayu Village, Gondangrejo District, Karanganyar Regency. This study employs a pre-experiment design with a one-group pretest and post-test method. The measuring tools used in this research are the First Aid Questionnaire, adapted from Sihombing's 2019 research, and the Self-Awareness Questionnaire. The results of this study showed that basic knowledge related to first aid competence received a score of 80% for 24 volunteers, while the smallest percentage was for those who received a good score of 6.67% for 2 volunteers, and the rest were respondents who received a poor score of 13.33%. 4 volunteers. Other results, showed an increase in competence after the first aid training was carried out, the percentage of respondents with good scores reached 93.33%, or as many as 28 respondents; and there was an increase in self-awareness after the first aid training was carried out, the percentage of respondents with good scores reached 86.66%, or as many as 26 respondents. Based on the results of the paired t-test, we obtained a p-value = 0.000 ($p < 0.05$), indicating that there was an effect of increasing first aid competence on the self-awareness of disaster volunteers in Dayu Village, Gondangrejo District, Karanganyar Regency. Furthermore, the results of the study found that strategies for increasing self-awareness can be carried out with training to increase competence that can influence controlling impulses, the ability to understand oneself, and the ability to be optimistic which can increase self-awareness. AGIL (Adaptation, Goal Attainment, Integration, Latency).

Keywords: First Aid Competence, Self Awareness, Disaster Volunteers

