



## **Level of Knowledge of First Aid for Student Injuries at Hidayatullah Islamic Junior High School Martapura**

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### **Abstract**

The aim of this research is to determine the level of first aid knowledge for injuries of students at Hidayatullah Islamic Junior High School Martapura, including: factors regarding the nature of injuries, injury prevention factors and injury treatment factors. The method used in this research is quantitative descriptive research, with data collection instruments using multiple choice tests. The population in this study was students in grades VII, VIII and IX, totaling 79 people. Sampling was carried out using a total sampling technique, a sampling technique where the number of samples is the same as the population. With all Hidayatullah Islamic Junior High School students from classes VII, VII and IX totaling 79 people. The data analysis used is descriptive statistical analysis using the percentage method. Research result; The level of knowledge obtained in First Aid for Injuries of Students at Hidayatullah Islamic Junior High School Martapura is included in the "very poor" category of 13.92% (11 Students), the "insufficient" category of 29.11% (23 Students), the "sufficient" category " by 21.51% (17 Students), the "good" category was 31.67% (25 Students), the "very good" category was 3.79% (3 Students). Research conclusions: The level of knowledge of first aid for student injuries at Hidayatullah Islamic Junior High School Martapura can be categorized as good

### **How to Cite**

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## INTRODUCTION

Physical education is an educational process through selected physical activities or sports to achieve educational goals. Physical education learning is no less important than other subjects, because physical education learning is an important part of education. Through physical education, students will develop movement skills, live a healthy life, and lead to physical and mental health (Rosdiani 2013). The aspects that students must possess consist of attitude aspects (affective), knowledge aspects (cognitive) and skills. Seeing the importance of physical education, especially in developing movement skills or physical skills, physical education should be given at the kindergarten, elementary, middle school and high school education levels, because at that time children are experiencing a process of growth and development, so it is hoped that physical education can help optimize the growth rate of the child's body, as well as help develop maximum movement skills. Then the knowledge aspect (cognitive) abilities are no less important to develop. In order to achieve optimal and maximum learning goals, good intelligence factors are needed so that a person can understand, act and solve problems when receiving external stimuli.

The objectives of the physical education, sports and health curriculum include four basic competencies, namely spiritual attitudes, social attitudes, knowledge and skills. The formulation of basic competencies regarding first aid material for injuries in the realm of knowledge (cognitive) is in number 3.7, namely understanding first aid actions in emergency situations, both for oneself and others. For the formulation of basic competencies in the skills domain, number 4.7 describes first aid actions in emergency situations, both for oneself and others. These basic competencies must be achieved by students at the junior high school level, so first aid learning must be taught both theoretically (cognitively) and skills.

First aid for accidents is an important role in physical education learning because the material in it includes first aid for injuries which has an important role in physical education, sports and health learning in dealing with injuries during sports. Physical education learning is learning material that is physical contact and cannot be separated from its connection with injuries. Just like disasters or accidents, injury is something that is difficult to avoid, especially when someone is doing sports activities. This is confirmed by the opinion of (Sudijandoko 2006) who says that injury is a result of forces acting on the body or

part of the body which exceed the body's ability to overcome it. Therefore, based on this opinion, it is not only a teacher who must be careful in implementing learning, but students must obey the rules and follow the commands given by the teacher during the learning process. Injuries can affect almost all parts of the body, usually when children are faced with a game they forget that they are limited by the rules so that they don't get injured. This can have a negative impact on physical and mental health, especially for children at the junior high school level because they are still at a very good stage of growth and development. The cause of injury can be caused by external factors (from outside the perpetrator) and internal factors (from within the perpetrator). Externally, it is caused by a lack of implementation of the rules of sports games when carrying out practical learning and inadequate infrastructure and learning activities provided by teachers that are too harsh. Then internally, it can be caused by the warm-up done by students not being optimal, physical fatigue, abnormalities in bodily functions, lack of concentration and lack of discipline. The opinion expressed by (Suharto 2001) is that injuries often experienced by children are caused by, firstly, a lack of sensitivity/self-awareness to maintain safety, so that students are less careful, secondly, a lack of responsibility and anticipation for personal safety so that students behave indifferently and don't care, and the third is a lack of self-discipline.

Based on the researcher's observations when conducting educational practice at Hidayatullah Islamic Junior High School Martapura through interviews, the researcher received information that when asked about first aid, several students, especially class IX, were unable to explain and carry out properly how to do first aid due to the lack of it. knowledge of first aid. This is also due to the absence of scout organizations and the Youth Red Cross (PMR). Then first aid is only carried out by Physical Education teachers/ UKS teachers. The way to carry out first aid treatment is not in accordance with existing theory. Information at the time of the interview, there were still students who ignored the rules that had been determined by the Physical Education teacher during learning, such as students not doing the warm-up that had been ordered by the Physical Education teacher to the maximum so that the Physical Education learning process took place easily causing injuries such as leg cramps. Then there are still students who do excessive activities without realizing it, causing injury to themselves or their friends. Likewise, during break times gi-

ven by the Physical Education teacher, there are still some students playing soccer alone with their friends without any instructions from the teacher and not wearing good and correct sports shoes, which causes injuries such as falls, even though wearing shoes properly and correctly is very important. important to minimize the occurrence of injury. Then from observations, the school environment has a large field located at the back of the school, but there are several parts of the field that are at risk where the field is made of cement and the condition of the field is uneven. The results of these observations can result in injuries that can occur at any time. Then there was information from Class IX students that the first responders were not appropriate when their friends were injured because they were only learning theory regarding first responders for injuries. From the results of the observations and information above, it can be concluded that students' knowledge of first aid measures in the school environment plays a very important role in implementing them. The importance of first aid for injuries is to avoid the severity and disability caused by the injury itself. Until now, the level of first aid knowledge of students at Hidayatullah Islamic Junior High School Martapura about first aid for injuries is not yet known. So researchers feel this is important to know, so that physical education and sports learning can run smoothly and the incidence of injuries experienced by students can be minimized. By looking at the problems above, it encourages the author to research more deeply about the level of first aid knowledge regarding student injuries at Hidayatullah Islamic Junior High School Martapura.

The purpose of this study was to determine the level of knowledge of first aid for injuries of students at Hidayatullah Islamic Junior High School Martapura.

## METHODS

The type of research used was quantitative descriptive research regarding the level of knowledge of first aid for student injuries at Hidayatullah Islamic Junior High School Martapura. This means that researchers want to measure how well the level of knowledge of class VII, VII and IX students regarding first aid for injuries, this research uses a survey method with data collection techniques using instruments in the form of multiple choice tests. The values obtained from the questionnaire are then managed and analyzed using quantitative descriptive statistics and expressed in percentage form.

This research regarding the level of knowledge of class VII, VIII and IX students regarding first aid for injuries was carried out on 27-28 March 2023 at Hidayatullah Islamic Junior High School Martapura which is located at Jl. The Pon Pes Hidayatullah Taman Hudaya Bincau Irrigation Complex consists of 72 students from class VII, VIII and IX.

The data source that will be used in this research is the population of all students in grades VII, VIII and IX of Hidayatullah Islamic Junior High School. (Arikunto, 2006) population is the entire research subject. Based on the nature of the population, it is a homogeneous group (all students in grades VII, VIII and IX of Hidayatullah Islamic Junior High School). Based on the definition above, the target population in this research is all students in classes VII, VIII and IX of Hidayatullah Islamic Junior High School, totaling 72 students.

According to (Sugiyono, 2011), theoretically variables can be defined as a person's attributes that have "variations" between one person and another or one object and another object. Meanwhile, according to (Arikunto 2010), variables are research objects, or what is the point of attention of a study. The variable in this research is the level of knowledge of first aid for injuries of students at Hidayatullah Islamic Junior High School Martapura. The level of knowledge of students at Hidayatullah Islamic Junior High School regarding first aid for injuries is defined as an effort to determine the level of cognitive ability in mastering first aid material for injuries in the formulation of basic competency in the domain of knowledge found in number 3.7, namely understanding first aid actions in emergency situations, both for oneself nor anyone else. The operational definition is the student's ability to understand, comprehend, and apply first aid to injuries in everyday life. Based on the operational definition of variables, this research uses a cognitive test, namely multiple choice, which consists of 3 factors, namely the nature of sports injuries, injury prevention and injury treatment in daily life. Based on the operational definition of variables, this research uses a cognitive test, namely multiple choice, which consists of 3 factors, namely the nature of sports injuries, injury prevention and injury treatment.

Instruments are tools or facilities used by researchers to collect data with the aim of making their work easier and getting data with better results, which means it is more accurate, complete and systematic so that it is easy to process (Arikunto, 2010) The instrument in this research

is a knowledge test in the form of multiple choices. The assessment of the test instrument in this assessment is with a score of 1 if the answer is correct and a score of 0 if the answer is wrong. According to (Azwar, 2016) if it is true it is worth 1 and if it is false it is worth 0.

According to (Abdurrahman, 2011) explains that data collection techniques are the methods used to collect data. According to (Arikunto, 2010), data collection instruments are divided into 6, namely tests, questionnaires, interviews, observations, multilevel scales and documentation. The data collection technique in this research is in the form of tests on respondents who are the subjects of the research and is seen from its form in the form of a multiple choice written test with a total of 16 questions. Multiple choice type items consist of a statement followed by several answer choices. Among the answer choices there is one key answer and several other answers as distractors (Azwar, 2016). The test was carried out manually and given to student respondents in grades VII, VIII and IX of Hidayatullah Islamic Junior High School who were the subjects of the research.

## RESULTS AND DISCUSSION

Based on the research carried out, it is known that the understanding of students in grades VII, VIII and IX regarding the level of knowledge of first aid for student injuries at Hidayatullah Islamic Junior High School Martapura in the "Very poor" category is 13.92% (11 students), the "poor" category amounted to 29.11% (23 Students), the "Enough" category amounted to 21.51% (17 Students), the "good" category amounted to 31.67% (25 students), the "very good" category was 3.79% (3 students).

**Table 1.** Frequency Distribution of Norms for Assessment of First Aid Knowledge Level for Student Injuries at Hidayatullah Islamic Junior High School Martapura.

| Level of material assignment | Category   | Frequency | Percentage |
|------------------------------|------------|-----------|------------|
| 90% - 100%                   | Very Good  | 3         | 3,79%      |
| 80% - 89%                    | Good       | 25        | 31,67%     |
| 70% - 79%                    | Enough     | 17        | 21,51%     |
| 60% - 69%                    | Less       | 23        | 29,11%     |
| <60%                         | Verry Less | 11        | 13,92%     |

Details regarding the level of knowledge of students in grades VII, VIII, and IX regarding the

Level of Knowledge of First Aid for Student Injuries at Hidayatullah Islamic Junior High School Martapura are divided into 3 factors, namely; (1) nature of injury, (2) prevention of injury, (3) treatment of injury.

### The Nature Of The Injury

Based on the research carried out, it can be seen that the level of First Aid Knowledge for Injuries of Students at Hidayatullah Islamic Junior High School Martapura, based on the nature of the injury, was found to be in the "very poor" category at 5.06% (4 students), the "insufficient" category at 26.58% (21 students), "fair" category 0% (0 students), "good" category 37.98% (30 students), "very good" category 30.38% (24 students).

**Table 2.** Frequency Distribution of Norms for Assessment of First Aid Knowledge Level for Student Injuries at Hidayatullah Islamic Junior High School Martapura the nature of the injury.

| Level of material assignment | Category  | Frequency | Percentage |
|------------------------------|-----------|-----------|------------|
| 90% - 100%                   | Very Good | 24        | 30,3%      |
| 80% - 89%                    | Good      | 30        | 37,98%     |
| 70% - 79%                    | Enough    | 0         | 0%         |
| 60% - 69%                    | Less      | 21        | 26,58%     |
| <60%                         | Very Less | 4         | 5,06%      |

### Injury Prevention

Based on the research carried out, it can be seen that the level of First Aid Knowledge for Injuries of Students at Hidayatullah Islamic Junior High School Martapura, based on the nature of the injury, was found to be in the "very poor" category at 16.45% (13 students), the "insufficient" category at 39.24% (31 students), "fair" category 0% (0 students), "good" category 35.44% (28 students), "very good" category 8.87% (7 students).

**Table 3.** Frequency Distribution of Norms for Assessment of First Aid Knowledge Level for Student Injuries at Hidayatullah Islamic Junior High School Martapura Injury Prevention.

| Level of material assignment | Category  | Frequency | Percentage |
|------------------------------|-----------|-----------|------------|
| 90% - 100%                   | Very Good | 7         | 8,87%      |
| 80% - 89%                    | Good      | 28        | 35,44%     |
| 70% - 79%                    | Enough    | 0         | 0%         |
| 60% - 69%                    | Less      | 31        | 39,24%     |
| <60%                         | Very Less | 13        | 16,45%     |

### Injury Treatment

Based on the research carried out, it can be seen that the level of First Aid Knowledge for Injuries of Students at Hidayatullah Islamic Junior High School Martapura based on injury treatment factors was obtained in the “very poor” category of 11.39% (9 students), the “insufficient” category of 46.83% (37 students), “fair” category 0% (0 students), “good” category 41.78% (33 students), “very good” category 0% (0 students).

**Table 4.** Frequency Distribution of Norms for Assessment of First Aid Knowledge Level for Student Injuries at Hidayatullah Islamic Junior High School Martapura Injury Treatment.

| Level of material assignment | Category  | Frequency | Percentage |
|------------------------------|-----------|-----------|------------|
| 90% - 100%                   | Very Good | 0         | 0%         |
| 80% - 89%                    | Good      | 33        | 41,78%     |
| 70% - 79%                    | Enough    | 0         | 0%         |
| 60% - 69%                    | Less      | 37        | 46,83%     |
| <60%                         | Very Less | 9         | 11,39%     |

This study aims to determine the level of knowledge of first aid for injuries of students at Hidayatullah Islamic Junior High School Martapura which is tested in a multiple choice test with a total of 16 questions which are divided into three factors, namely (1) the nature of the injury, (2) injury prevention factors, and (3) injury treatment factors. Based on the results of data analysis, it was found that the “very poor” category was 13.92% (11 students), the “poor” category was 29.11% (23 students), the “fair” category was 21.51% (17 students), the “good” category was 31.67% (25 students), the “very good” category was 3.79% (3 students). It can be concluded that the overall level of First Aid Knowledge for Injuries of Students at Hidayatullah Islamic Junior High School Martapura is in the good category with a total of 79 students responding. This statement is proven by the results of research in the form of multiple choice question scores.

The results of this study are consistent with the findings of (Fitri, Wulandini, and Sari 2019) who also reported that the majority of students' knowledge regarding first aid in sports-related accidents falls into the “good” category. (Widiastuti and Adiputra 2022) further noted that students' knowledge is influenced by both the sources of information they access and their personal experiences with first aid. According to (Wawan and Dewi 2010) knowledge is shaped by educational background and personal experiences, which are

subsequently applied in everyday life. Experience serves as a means of acquiring knowledge by recalling and reapplying previously learned information to solve problems encountered in the past.

From these data, there are several factors that influence the knowledge of students in grades VII, VIII, and IX regarding the Level of Knowledge of First Aid for Student Injuries at Hidayatullah Islamic Junior High School Martapura, namely; (1) students' background knowledge, (2) school conditions, (3) students' willingness to deepen their knowledge of PPC, (4) physical education teachers' perceptions regarding preventing and treating injuries to students. Knowledge about PPC is very important in the opinion of (Sudijandoko 2006) stating that PPC is a science that studies the principles and factors of injury prevention care in sports. By knowing PPC, we can prevent or minimize the occurrence of an injury and provide good and correct treatment if an injury occurs.

According to (Notoadmojo 2014), knowledge is the result of “knowing” and occurs after an individual perceives a particular object. This perception takes place through the human senses, namely sight, hearing, smell, taste, and touch. Based on the conditions of Hidayatullah Islamic Junior High School Martapura, is located in an urban area, students are able to know about first aid for injuries, this is because the school itself facilitates in terms of first aid (First Aid) equipment (Accident) at UKS.

According to data obtained by researchers, students in grades VII, VIII, and IX Hidayatullah Islamic Junior High School Martapura tend to understand and know about how to provide first aid for injuries, for them they can get the knowledge of first aid for injuries outside of school and that is enough to apply when it occurs. injuries in the school environment and outside the school environment. According to (Kebung 2011), possessing adequate knowledge enables an individual to take appropriate actions based on experiences acquired through sensory perception. In sports studies, there are many students who understand and understand first aid for injuries. Students in learning do not just know but must understand and comprehend the meaning of what they learn, so that students are able to practice what they understand in learning and in everyday life. Students must understand and comprehend the importance of how to prevent, handle and treat injuries so that the learning process can run well. According to (Ghany et al. 2014) possessing adequate first aid knowledge enables individuals to respond appropriately in emergency situations.

Therefore, it is essential to have a fundamental understanding of first aid for injuries before administering any form of assistance.

Injury according to (Sudijandoko 2006) is pain caused by exercise which can cause disabilities, wounds and damage to muscles or joints and other parts of the body. With Hidayatullah Islamic Junior High School Martapura students having good knowledge about injuries, action can be taken so that injuries can be minimized. Based on this data, there are several factors that can influence the level of knowledge of first aid for student injuries at Hidayatullah Islamic Junior High School Martapura, namely internal factors and external factors. Internal factors such as: students' interest in learning first aid material for injuries. Then external factors such as: (1) Teacher attention regarding the theory of first aid for injuries, (2) regulations set before practical sports lessons are implemented, (3) school facilities that have not been repaired.

According to the research data obtained, it can be concluded that students in grades VII, VIII, and IX at Hidayatullah Islamic Junior High School Martapura already understand and know enough about how to provide first aid for injuries. However, in reality, injuries still often occur in students when playing sports at school. This can be influenced by school field facilities that have not been repaired, resulting in students being vulnerable to injury and student negligence when taking part in sports lessons at school. The teacher's attention to the theory of first aid for injuries is not fully received by students so that students tend to find out for themselves about the knowledge of first aid for injuries so that they get results in the "good" category.

## CONCLUSION

Based On The Research Results, data analysis, and discussion, it can be concluded that overall, the students' level of knowledge about first aid for injuries at Hidayatullah Islamic Junior High School Martapura falls into the "good" category, with a total of 79 students participating as respondents.

The "good" category in this context means that most students (31.67%) have a solid understanding of basic first aid concepts—such as recognizing minor injuries, knowing how to pre-

vent injuries during physical activities, and being aware of basic treatment steps like applying cold compresses or using splints. Their knowledge is generally sufficient to apply in real-life situations, although it may still lack in hands-on experience or practical skills.

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