

ABSTRAK

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PENGARUH INTERVENSI PENDIDIKAN KESEHATAN TERHADAP
PENINGKATAN KETERAMPILAN PERTOLONGAN PERTAMA *SINKOP*
PADA SISWA DI SMP NU HASYIM ASY'ARI SIDOARJO

xv + 68 Halaman + 8 Tabel + 22 Lampiran

Kejadian *sinkop* merupakan sesuatu yang umum terjadi dalam kehidupan sehari-hari. Di masyarakat khususnya remaja banyak yang kurang paham cara pertolongan pertama *sinkop*, Penanganan awal yang tepat mencegah kondisi korban memburuk. Tujuan penelitian ini menganalisis pengaruh pendidikan kesehatan terhadap peningkatan keterampilan pertolongan pertama *sinkop* pada siswa sekolah menengah pertama.

Penelitian ini menggunakan desain *pre-experimental one group pre-posttest*. Sampel berjumlah 39 siswa kelas 8 di SMP NU Hasyim Asy'ari yang dipilih melalui *Cluster Random Sampling*. Pendidikan kesehatan menggunakan metode demonstrasi dan simulasi, data dikumpulkan menggunakan lembar observasi untuk mengetahui keterampilan siswa sebelum dan setelah intervensi. Kemudian dianalisis menggunakan uji *Wilcoxon Signed Rank* ($\alpha 0,05$).

Hasil penelitian menunjukkan sebelum diberikan intervensi sebagian besar siswa memiliki keterampilan yang cukup (53,8%), dan setelah diberikan intervensi sebagian besar siswa memiliki keterampilan yang baik (71,8%). Adanya perbedaan peningkatan keterampilan pertolongan pertama *sinkop* pada siswa setelah diberikan intervensi.

Pendidikan kesehatan berpengaruh signifikan terhadap peningkatan keterampilan pertolongan pertama *sinkop* pada siswa sekolah menengah pertama. Sekolah disarankan memberikan pelatihan secara terjadwal untuk mengembangkan keterampilan serta meningkatkan psikomotorik siswa.

Kata Kunci: *Sinkop*, Pertolongan Pertama, Pendidikan Kesehatan, Demonstrasi dan Simulasi, Keterampilan.

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ABSTRACT

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THE EFFECT OF HEALTH EDUCATION INTERVENTION ON IMPROVING FIRST AID SKILLS FOR SYNCOPE AMONG STUDENTS AT SMP NU HASYIM ASY`ARI SIDOARJO

xv + 68 pages + 8 tables + 22 appendices

Syncope is a common occurrence in everyday life. Many people, especially teenagers, do not understand how to provide first aid for syncope. Proper initial treatment prevents the victim's condition from worsening. The purpose of this study was to analyze the effect of health education on improving first aid skills for syncope among junior high school students.

This study used a pre-experimental one-group pre-posttest design. The sample consisted of 39 eighth-grade students at SMP NU Hasyim Asy`ari, selected through cluster random sampling. Health education was delivered using demonstration and simulation methods. Data were collected using observation sheets to assess students' skills before and after the intervention. The data were analyzed using the Wilcoxon Signed Rank test (α 0.05).

The results showed that before the intervention, most students had adequate skills (53.8%), and after the intervention, most students had good skills (71.8%). There was a difference in the improvement of first aid skills for syncope among students after the intervention.

Health education has a significant effect on improving first aid skills for syncope among junior high school students. Schools are advised to provide scheduled training to develop skills and improve students' psychomotor skills.

Keywords: Syncope, First Aid, Health Education, Demonstration and Simulation, Skills.

References: 32 Journals, 4 Books (2020-2025)