ABSTRAK

PENGARUH EDUKASI BERBASIS VIDEO ANIMASI RESUSITASI JANTUNG PARU TERHADAP *SELF-EFFICACY* PERTOLONGAN PERTAMA PADA *CARDIAC ARREST*

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Salah satu kondisi gawat darurat yang menjadi perhatian dalam keperawatan adalah henti jantung atau *cardiac arrest.* Kondisi ini memerlukan penanganan yang cepat dan tepat karena dapat menyebabkan kematian dalam waktu singkat. Rendahnya *self-efficacy* siswa dalam memberikan pertolongan pertama pada kasus henti jantung dapat menjadi salah satu faktor yang menghambat penanganan awal. Salah satu metode edukasi yang dapat digunakan untuk meningkatkan *self-efficacy* adalah media video animasi karena dapat menyampaikan informasi secara visual, menarik, dan mudah dipahami oleh siswa. Penelitian ini bertujuan untuk menganalisis pengaruh edukasi berbasis video animasi resusitasi jantung paru terhadap *self-efficacy* pertolongan pertama pada kasus *cardiac arrest* di SMK 4 Pancasila Ambulu Jember. Penelitian ini menggunakan desain *pre-experimental* dengan pendekatan *one group pretest-posttest.* Populasi dan sampel penelitian adalah seluruh siswa kelas XI SMK 4 Pancasila Ambulu Jember sebanyak 62 responden yang diambil menggunakan teknik *total sampling*. Instrumen penelitian menggunakan kuesioner *self-efficacy* dengan skala Likert 1–5. Hasil *pretest* menunjukkan sebanyak 23 responden (37,1%) memiliki *self-efficacy* tinggi, sedangkan hasil *posttest* menunjukkan peningkatan menjadi 59 responden (95,2%). Hasil analisis menggunakan uji *Wilcoxon signed rank test* menunjukkan nilai *p-value* sebesar 0,000 ($p < 0,05$) dengan *mean rank* 31.50, dan *Z-score* -6,849. Peningkatan *self-efficacy* tersebut menunjukkan bahwa video animasi merupakan media edukasi yang efektif karena mampu menyajikan materi secara visual, interaktif, dan menarik, sehingga memudahkan siswa memahami tahapan resusitasi jantung paru, meningkatkan daya ingat terhadap informasi yang diberikan, serta menumbuhkan kepercayaan diri dalam melakukan pertolongan pertama pada kasus henti jantung.

Kata kunci : *Cardiac Arrest, Resusitasi Jantung Paru, Self-efficacy,* Video Animasi

ABSTRACT

THE EFFECT OF VIDEO-BASED EDUCATION ON CARDIAC AND PULMONARY RESUSCITATION ANIMATION ON *THE SELF-EFFICACY* OF FIRST AID IN *CARDIAC ARREST*

Lita Arifanda Firdausi

One of the emergency conditions that is of concern in nursing is cardiac *arrest.* This condition requires quick and appropriate treatment because it can cause death in a short time. The low *self-efficacy* of students in providing first aid in cardiac arrest cases can be one of the factors that hinder early treatment. One of the educational methods that can be used to increase *self-efficacy* is animated video media because it can convey information visually, attractively, and easily understood by students. This study aims to analyze the effect of video-based education on cardiac resuscitation animation on the *self-efficacy* of first aid in *cardiac arrest* cases at SMK 4 Pancasila Ambulu Jember. This study uses *a pre-experimental* design with *a one group pretest-posttest* approach. The population and research sample were all grade XI students of SMK 4 Pancasila Ambulu Jember as many as 62 respondents who were taken using *the total sampling* technique. The research instrument used *a self-efficacy* questionnaire with a Likert scale of 1–5. The *results of the pretest* showed that as many as 23 respondents (37.1%) had high *self-efficacy,* while the posttest results showed an increase to 59 respondents (95.2%). The results of the analysis using *the Wilcoxon signed rank test* showed a *p-value* of 0.000 ($p < 0.05$) with a *mean rank* of 31.50, and *a Z-score* of -6.849. The increase *in self-efficacy* shows that animated videos are an effective educational medium because they are able to present material visually, interactively, and interestingly, making it easier for students to understand the stages of cardiopulmonary resuscitation, improve memory of the information provided, and foster confidence in performing first aid in cardiac arrest cases.

Keywords: ***Cardiac Arrest, Cardiopulmonary Resuscitation, Self-efficacy,*** **Animated Video**