

ABSTRAK

PENGARUH EDUKASI LIFTING AND MOVING TERHADAP KEMAMPUAN PENANGANAN KEGAWATDARURATAN PADA RELAWAN PMI KOTA MOJOKERTO

OLEH: SINDY WAHYU TIANINGRUM

Kegawatdaruratan akibat kecelakaan dan bencana masih menjadi masalah kesehatan global maupun nasional yang menuntut respons cepat dan tepat pada fase pra-rumah sakit, salah satunya melalui kompetensi teknik *Lifting and Moving* pada relawan penanganan bencana. Studi pendahuluan pada relawan PMI Kota Mojokerto menunjukkan keterbatasan kemampuan dalam teknik evakuasi korban, sejalan dengan temuan penelitian terdahulu yang menyatakan sebagian besar relawan belum mampu melakukan teknik tersebut secara tepat sebelum mendapat edukasi. Berdasarkan konsep edukasi kesehatan (Notoatmodjo, 2023) yang mencakup domain kognitif, afektif, dan psikomotor, edukasi diberikan menggunakan metode demonstrasi yang dinilai efektif untuk meningkatkan keterampilan psikomotor seperti teknik *Lifting and Moving*. Penelitian ini bertujuan menganalisis pengaruh edukasi *Lifting and Moving* terhadap kemampuan penanganan kegawatdaruratan pada relawan PMI Kota Mojokerto. Desain penelitian menggunakan pendekatan kuantitatif pre-experimental One Group Pretest-Posttest dengan populasi seluruh relawan PMI Kota Mojokerto berjumlah 30 orang yang diambil secara total sampling. Data digali menggunakan lembar observasi checklist berskala ordinal (Rating Scale) yang telah melalui uji validitas konstruk, dengan revisi sistem skoring serta pengurangan jumlah item dari 33 menjadi 31 butir atas masukan validator. Mengingat skala data bersifat ordinal dan berpasangan, analisis bivariat dilakukan dengan uji non-parametrik untuk dua sampel berpasangan. Hasil penelitian menunjukkan hampir seluruh responden (93,3%) berkemampuan kurang sebelum edukasi, meningkat menjadi hampir seluruhnya (90,0%) berkemampuan baik sesudah edukasi, dengan nilai Z sebesar -5,000 dan p-value 0,000 ($p < 0,05$). Disimpulkan bahwa edukasi *Lifting and Moving* dengan metode demonstrasi berpengaruh signifikan terhadap peningkatan kemampuan penanganan kegawatdaruratan relawan PMI Kota Mojokerto.

Kata kunci: edukasi kesehatan, *lifting and moving*, metode demonstrasi, kegawatdaruratan, relawan PMI

ABSTRACT

THE EFFECT OF LIFTING AND MOVING EDUCATION ON EMERGENCY HANDLING ABILITY AMONG PMI (INDONESIAN RED CROSS) VOLUNTEERS OF MOJOKERTO CITY

BY: SINDY WAHYU TIANINGRUM

Emergencies resulting from accidents and disasters remain a significant global and national health issue, demanding rapid and appropriate responses at the pre-hospital stage, one of which is competence in Lifting and Moving techniques among disaster-response volunteers. A preliminary study on PMI volunteers in Mojokerto City revealed limited ability in victim evacuation techniques, consistent with previous research indicating that most volunteers were unable to perform such techniques correctly prior to receiving education. Based on the concept of health education (Notoatmodjo, 2023) encompassing cognitive, affective, and psychomotor domains, the education was delivered using a demonstration method, which is considered effective for improving psychomotor skills such as Lifting and Moving techniques. This study aimed to analyze the effect of Lifting and Moving education on emergency handling ability among PMI volunteers in Mojokerto City. The study employed a quantitative pre-experimental One Group Pretest-Posttest design, with a population of all 30 PMI volunteers in Mojokerto City selected through total sampling. Data were collected using an ordinal-scale observation checklist (Rating Scale) that had undergone construct validity testing, resulting in a revised scoring system and a reduction of items from 33 to 31 based on validator input. As the data were ordinal and paired in nature, bivariate analysis was conducted using a non-parametric test for two related samples. The results showed that nearly all respondents (93.3%) had poor ability before the education, which increased to nearly all respondents (90.0%) achieving good ability afterward, with a Z value of -5.000 and a p-value of 0.000 ($p < 0.05$). It is concluded that Lifting and Moving education using the demonstration method has a significant effect on improving emergency handling ability among PMI volunteers in Mojokerto City.

Keywords: health education, lifting and moving, demonstration method, emergency, PMI volunteers