ABSTRAK

Meisya Ayudhia Putri (2026). *Aplikasi Pendidikan Kesehatan dengan Demonstrasi Bantuan Hidup Dasar terhadap Perilaku Siswa PMR SMA Negeri 7 Kota Malang.* Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan Malang, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang. Pembimbing: Dra. Swito Prastiwi, M.Kes

Henti jantung dan henti napas merupakan kondisi kegawatdaruratan yang memerlukan penanganan cepat melalui Bantuan Hidup Dasar (BHD). Rendahnya pengetahuan, sikap, dan keterampilan siswa PMR dapat menghambat penanganan awal. Penelitian ini bertujuan mendeskripsikan penerapan pendidikan kesehatan dengan demonstrasi BHD serta perubahan perilaku siswa PMR SMA Negeri 7 Kota Malang. Metode yang digunakan adalah studi kasus deskriptif dengan alat penelitian menggunakan kuesioner pengetahuan, kuisioner skala sikap, dan checklist keterampilan. Hasil menunjukkan sebelum intervensi sebagian besar siswa memiliki pengetahuan cukup (86%) dan seluruhnya bersikap netral (100%). Setelah intervensi, hampir seluruh siswa memiliki pengetahuan baik (86%), seluruhnya bersikap positif (100%), dan seluruhnya memiliki keterampilan baik (100%). Disimpulkan bahwa pendidikan kesehatan dengan demonstrasi BHD efektif meningkatkan perilaku siswa. Disarankan sekolah menyelenggarakan pelatihan BHD secara rutin bagi siswa PMR. Peneliti selanjutnya disarankan untuk melakukan pengukuran lanjutan dalam jangka waktu yang lebih panjang guna mengetahui keberlanjutan perubahan perilaku siswa. serta mempertimbangkan ketersediaan sarana dan prasarana secara lebih optimal sebelum pelaksanaan penelitian, seperti alat peraga Bantuan Hidup Dasar (BHD) dan media simulasi lainnya.

Kata Kunci: Bantuan Hidup Dasar, pendidikan kesehatan, demonstrasi, perilaku, PMR, Siswa SMA

ABSTRACT

Meisya Ayudhia Putri (2026). Health Education Application with Basic Life Support Demonstration on the Behavior of PMR Students at SMA Negeri 7 Malang City. Case Study Scientific Paper, Diploma III Nursing Study Program, Department of Nursing, Poltekkes Kemenkes Malang. Supervisor: Dra. Swito Prastiwi, M.Kes.

Cardiac arrest and respiratory arrest are emergency conditions that require immediate treatment through Basic Life Support (BLS). Low levels of knowledge, attitudes, and skills among Red Cross Youth (PMR) students may hinder early emergency management. This study aimed to describe the implementation of health education using BLS demonstrations and the behavioral changes among PMR students at SMA Negeri 7 Malang City. The method used was a descriptive case study with research instruments consisting of a knowledge questionnaire, attitude scale questionnaire, and skills checklist. The results showed that before the intervention, most students had sufficient knowledge (86%) and all students showed neutral attitudes (100%). After the intervention, almost all students had good knowledge (86%), all students showed positive attitudes (100%), and all students demonstrated good skills (100%). It can be concluded that health education using BLS demonstrations was effective in improving students' behavior. Schools are recommended to conduct regular BLS training for PMR students. Future researchers are advised to conduct longer-term follow-up measurements to evaluate the sustainability of behavioral changes and to consider the availability of facilities and infrastructure more optimally before conducting the research, such as BLS mannequins and other simulation media.

Keywords: Basic Life Support, health education, demonstration, behavior, PMR, high school students