

Pengaruh Penyuluhan Bantuan Hidup Dasar (BHD) Terhadap Tingkat Pegetahuan Siswa Kelas XI Di SMA Santo Thomas 1 Medan Tahun 2024

The Effect of Basic Life Support (BHD) Counseling on the Level of Knowledge of Grade XI Students at SMA Santo Thomas 1 Medan 2024

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Abstrak

Bantuan Hidup Dasar (BHD) merupakan serangkaian pertolongan pertama yang dilakukan untuk membantu siapapun yang mengalami kondisi henti napas dan jantung. Kegawatdaruratan dapat terjadi kapan saja, dimana saja, dan pada siapa saja. Penelitian ini bertujuan untuk mengetahui pengaruh penyuluhan tentang BHD terhadap pengetahuan siswa kelas XI di SMA Santo Thomas 1 Medan. Desain ini menggunakan rancangan pra eksperimental dengan pendekatan one group pretest-posttest design. Populasi dalam penelitian ini adalah siswa kelas XI SMA Santo Thomas 1 Medan sebanyak 432 orang, dalam pengambilan sampel menggunakan Probability sampling dengan teknik Systematic sampling dengan jumlah sampel 36 orang. Analisis data menggunakan uji Paired T Test. Hasil analisa pengetahuan Bantuan Hidup Dasar (BHD) pada siswa kelas XI sebelum diberikan intervensi memiliki nilai kurang 23 orang (63,9%) dan cukup 13 orang (36,1%), sesudah diberikan intervensi cukup 3 orang (8,3%), baik 33 orang (91,7%). Sehingga ada pengaruh penyuluhan tentang Bantuan hidup dasar (BHD) terhadap tingkat pengetahuan siswa kelas XI diperoleh nilai p-value 0,001<0,05. Hasil penelitian ini memberikan masukan pada siswa SMA Santo Thomas 1 Medan agar dapat mengadakan pelatihan tentang penanganan Bantuan hidup dasar (BHD) pada siswa SMA Santo Thomas 1 Medan

Kata Kunci: Pendidikan Kesehatan; Pengetahuan; Bantuan Hidup Dasar

Abstract

Basic Life Support (BHD) is a series of first aid services carried out to help anyone who experiences respiratory and cardiac arrest. Emergencies can happen anytime, anywhere, and to anyone. This study aims to determine the influence of counseling about BHD on the knowledge of grade XI students at SMA Santo Thomas 1 Medan. This design uses a pre-experimental design with a one-group pretest-posttest design approach. The population in this study are 432 students in grade XI of SMA Santo Thomas 1 Medan, in sampling using Probability sampling with a systematic sampling technique with a sample of 36 people. Data analysis using the Paired T Test. The results of the analysis of the knowledge of Essential Life Support (BHD) in grade XI students before being given the intervention had a score of less than 23 people (63.9%) and 13 people (36.1%), after being given the intervention only 3 people (8.3%), good 33 people (91.7%). So that there is an influence of counseling on basic living stones (BHD) on the level of knowledge of grade XI students, a p-value of 0.001 <0.05 is obtained. The results of this study provide input to the students of SMA Santo Thomas 1 Medan in order to be able to hold training on the handling of basic living stones (BHD) for students of SMA Santo Thomas 1 Medan.

Keywords: Health Education; Knowledge; Basic Life Support

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INTRODUCTION

An emergency measure known as cardiopulmonary resuscitation (CPR) is basic life support (BHD) that aims to free the airway, assist breathing, and maintain blood circulation without the use of assistive devices. Some steps to identify Basic Life Support (BHD) actions include identifying cardiac arrest, palpating the pulse, chest compressions, freeing the airway, breathing, and correct positioning. (Romadoni et al., 2018).

According to research (Nirmalasari & Winarti, 2020), emergencies can happen anytime, to anyone, and anywhere. Cardiac arrest is one of the most common types of emergencies (AHA, 2020). Apart from causing organ damage, cardiac arrest also experiences a high incidence rate in the hospital or outside the hospital or also called Out Of Hospital Cardiac Arrest (OHCA) (Pawiliyah et al., 2023).

The success of helping patients who experience emergency conditions is not only determined by the quality of emergency services in the hospital but also the success of the help provided outside the hospital (Susilo et al., 2022). In everyday life, it is also often found that someone suddenly loses consciousness or finds victims on the road facing this what must be done is to provide basic life support (BHD), which is a series of first attempts to restore respiratory and / or circulatory function in someone who has stopped breathing and / or cardiac arrest, but because they are unfamiliar with it, they are confused about what should be done. Resuscitation must begin when it is known that the victim is suffering from cardiac arrest characterized by

respiratory arrest and cardiac arrest (Fauzan et al., 2021).

When finding victims of cardiac arrest outside the hospital, the first thing to do is to help, so lay people must have knowledge of basic life support. But there are still many ordinary people or students who still do not know about first aid for victims of cardiac arrest. (Year et al., 2018)

Basic life support (BHD) knowledge is a knowledge and skill. Basic life support in this case cardiopulmonary resuscitation (CPR), which is very important in the survival of victims of cardiac arrest. This means that there is a need to increase the number of knowledge (BHD) in the community. (Triwianti, 2021)

Knowledge is also closely related to education, because knowledge is obtained through formal and informal education, therefore the community and including adolescents, really need to have the knowledge and ability to provide assistance and can become first responders in providing assistance. It is concluded that the survival of cardiac arrest people will increase with the provision of basic life support (Pawiliyah et al., 2023).

Adolescents are one of the parts of society that also really need to know about first aid when finding victims of cardiac arrest. Adolescents are expected to be first responders, or lay people who first provide help at the scene, because they grow in body size, strength, psychology, reproductive ability, are easily motivated, and learn quickly. Adolescents who attend secondary level schools, i.e. high school or vocational school, may exhibit these characteristics. However, many students or young laypeople do not

know basic life support. This is due to the lack of information and publicity efforts regarding basic life support in the community. (Susilo et al., 2022).

Students' knowledge can be seen from previous data, namely, based on the results of Wulandari's (2016) research (Susilo et al., 2022) on high school students' knowledge of basic life support, showing that 76% of respondents have insufficient knowledge in providing basic life support to victims of cardiac arrest or respiratory arrest and accident victims, 17% have sufficient knowledge and the remaining 7% have good knowledge in basic life support.

Results (Program et al., 2022) Knowledge of basic life support in students of SMK 5 Banjarmasin as much as 59.38% is still lacking. This is due to the fact that most of the students have not attended the lesson and have never heard of BHD.

Data that researchers conducted at SMK Arinda Palembang, obtained data on the number of class XI students in the 2021-2022 school year as many as 60 people. The results of the preliminary study on April 06, 2022, researchers interviewed 12 respondents who were asked about first aid in cases of sudden cardiac arrest at SMK Arinda, the results concluded that students did not know much about basic life support (Nadela Prianis Utami et al., 2022).

Basic life support that is not provided quickly can lead to many events outside of healthcare. However, it is inevitable that these events cannot be prevented by medical personnel and ordinary people, including high school students.

Researchers have information about victims who experience cardiac arrest or respiratory arrest based on previous events. The American Heart Association (AHA) says the latest statistics based on the Resuscitation Guidelines and the results of the Cardiac Epistery Consortium show that the rate of cardiac arrest across the country remains high. In 2013, a total of 359,400 cardiac arrests occurred outside of hospitals in the United States. This is in contrast to the 382,800 cardiac arrests that occurred in 2012. (Fatmawati et al., 2020)

According to data collected by the World Health Organization (WHO) in 2015, 70% of deaths in the world were caused by non-communicable diseases (NCDs), with 39.5 million people dying. Heart and vascular diseases also accounted for 45% of the total deaths due to NCDs, which was 17.7 million people out of 39.5 million people. (Triwianti, 2021)

According to previous studies, the incidence of cardiac arrest in the United States reaches 250,000 people every year, with 95% predicted to die before arriving at the hospital. In Indonesia, there are no precise statistics on the number of cardiac arrests, but an estimated 10,000 people die each year. Cardiac arrest, also known as cardiac arrest, is a life-threatening emergency condition that can result in death if not treated promptly. It occurs at home and elsewhere when people are on the move (Kistan & Najman, 2022).

In Indonesia alone, there is no clear data on how many people experience cardiac arrest on a daily basis or outside the hospital. However, it is estimated that there are around 10,000 people in the

country every year, which means 30 people experience cardiac arrest every day. The highest number of deaths are experienced by people with coronary heart disease. It is estimated that by 2030, the number of deaths caused by vascular heart disease, particularly coronary heart disease and stroke, will increase to 23.3 million. (Berutu & Silalahi, 2022)

Based on these data, knowledge of Basic Life Support (BHD) is very important to be known by ordinary people or teenagers. Knowledge of basic life support (BHD) or Basic Life support (BLS) is very important for ordinary people because emergencies can be found anywhere and anytime (Trinurhilawati et al., 2019).

One of the efforts to increase knowledge of basic life support is to increase knowledge to lay people or adolescents about basic life support, so that they are able to provide assistance to victims of respiratory arrest and cardiac arrest (Oktafiani & Fitriana, 2022).

Research (Triwianti, 2021) The level of knowledge is a component that influences a person's behavior. Knowing, which occurs after someone perceives something, is called knowledge. Most human knowledge is obtained through the ears and eyes. Education is also very close to knowledge because knowledge is obtained through formal and informal education. (Pawiliyah et al., 2023)

Therefore, researchers are interested in examining teenage children to become respondents, especially at the level of children aged 15-16 years and over or can be called high school / vocational school age. (Program et al., 2022). However, because teenage

students are still unfamiliar due to the lack of information and publication efforts about basic life support in the community (Susilo et al., 2022). So, education or counseling is a way to provide information. Health education is an effort or activity to assist people, groups, and communities in gaining the knowledge, attitudes, and skills needed to lead a healthy lifestyle. (Year et al., 2018)

One of the results of the effect of counseling is the knowledge of students at SMK Kesehatan Sentra Medika Medan Johor before the BHD simulation the majority of their knowledge is lacking, which is 55.5%, the knowledge of students after the BHD simulation the majority of their knowledge is good, which is 77.8%. There is an effect of health education about basic life support (BHD) on the level of knowledge (Syapitri et al., 2020).

The results of an initial survey conducted by researchers on January 11, 2024 showed that 5 students at SMA Santo Thomas 1 Medan had never received or provided basic life support because they did not know or understand about basic life support. According to the researcher's observation, none of the students in the school knew or understood basic life support.

Based on the above background, the researcher is interested in conducting research on the effect of health education on basic life support (BHD) on the level of knowledge of Class XI Students At Santo Thomas 1 Medan SMA in 2024

RESEARCH METHODS

The research design used was a pre-experimental design. The research design used was a one-group pre-post test

design. This method involves one group of subjects to reveal a causal relationship. Before the intervention, the subject group is observed, and then observed again after the intervention. The treatment group will receive BHD intervention in the form of material explanation and lecture.

The population in this study were grade XI students at SMA Santo Thomas 1 Medan. The total number of grade XI is 432 students. Each class, starting from XI MB 1-XI MB 12 amounted to 36 students/class.

This study took samples from SMA Santo Thomas 1 Medan class XI students, taken through Probability sampling technique with Systematic sampling technique.

If a list of required subjects is available, this systematic sampling can be done. Where the population $N = 432$ and $n = 36$ samples were selected. Thus, the sample selected is based on the number of multiples of 12, namely sample number 12,24,36,48,60,72,84,96,108,120,132,144, 156,168,180,192,204,216,228,240,252,264,276,288,300,312,324,336,348,360,372,384,396,408,420,432. So the number of respondents per class is 3 people.

The impact on the dependent is produced by stimulus activities manipulated by the researcher. The factor observed and measured as the dependent variable in this study is the knowledge of class XI students at SMA Santo Thomas 1 Medan about basic life support before and after counseling.

The instrument in this study used a questionnaire made by researchers (Rahmatullah, 2020) which contained 20 questions with multiple choices, covering students' knowledge of BHD, namely:

- a. Definition of basic life support (BHD).
- b. Basic life support (BHD) objectives
- c. Indications for basic life support (BHD)
- d. Basic life support (BHD) management

After all the data is obtained, it will be given an assessment and scoring. For the correct answer will be given a score of 5 and for the wrong answer given a score of 0. So that the minimum score obtained by the respondent is 0, while the maximum score obtained by the respondent is 100.

The research location will be carried out at SMA Santo Thomas 1 Medan which is located at Jl. Letjen S. Parman No. 109 Kec. Medan Petisah Kota Medan. This research will be conducted in February-March 2024.

The data collection carried out by the researcher at the research site is to explain the purpose of the researcher's presence and then ask the respondent's willingness. After the respondent is willing, the researcher conducts his research.

Validity is No validity test was carried out by this study because the questionnaire used by the researcher was valid because it came from previous research (Rahmatullah, 2020) with the research title Overview of Student Knowledge of Basic Life Support at SMA 1 Lembang, West Bandung Regency. Reliability The instrument used in this study has not conducted a reliability test because it is standardized using a research questionnaire belonging to (Rahmatullah, 2020) with a Cronbach's Alpha result of 0.815, which indicates that the instrument can be trusted and can be used.

Univariate analysis aims to explain or describe the characteristics of each

study. Depending on the type of data, univariate analysis usually only produces frequency distribution and presentation of each variable. In this study, variables of respondents' knowledge of Basic Life Support before and after health education were identified using univariate statistical methods. Bivariate analysis is a collection of observational analysis of two variables used to determine whether or not there is an effect of counseling on student knowledge at SMA Santo Thomas 1 Medan in 2024.

This research has passed the ethical test of the research commission of Santa Elisabeth College of Health Medan with No. 009/KEPK-SE/PE-DT/II/2024.

RESULTS AND DISCUSSION

Results in this study based on the character of respondents in class XI as many as 36 samples at SMA Santo Thomas 1 Medan in 2024 include: Age, gender, Pre and Post intervention

Table 1 Frequency distribution and percentage of demographic data Respondents at SMA Santo Thomas 1 Medan Year 2024 (N=36)

Characteristic	F	(%)
Gender		
Man	15	41,7
Woman	21	58,3
Age		
15	2	5,
16	26	72,2
17	8	22,2
Total	36	100

Table 2 Knowledge of students in class XI SMA Santo Thomas 1 before intervention (pre-test) (N=36)

Score F	% N	Mean	Median	SD	Min- Max	95%CI
						Lower-Upper
76-100% 0 0%	36					
56-75% 13 36,1%	36	51.53	50.00	11.761	25-70	47.55-55.51
<56% 23 69,9%	36					

Table 3. Knowledge of students in class XI SMA Santo Thomas 1 after intervention (post-test) (N=36)

Score F	% N	Mean	Median	SD	Min-Max	95%CI
						Lower-Upper
76-100% 33 91.7%	36					
56-75% 3 8.3%	36	88.61	90.00	7.983	70-100	85.91-91.31
<56% 0 0%	36					

Table 4 Effect of Basic Life Support (BHD) counseling on the level of knowledge of 11th grade students of SMA Santo Thomas 1 Medan Year 2024

	Mean	SD	95% CI	<i>p-value</i>	N
			Lower -Upper		
Knowledge Before Intervention	51.3	11.761			
Knowledge After Intervention	88.1	1.936	-41.789 -32.378	.001	36

1. Knowledge Level of Class XI Students at SMA Santo Thomas 1 Medan Year 2024 Before Intervention

Based on the results of the study, it shows that out of 36 students in class XI at SMA Santo Thomas 1 Medan in 2024, it was found that the average level of knowledge before being given Basic Life Support (BHD) counseling was 51.3 with a standard deviation of 11.671. The score of students' knowledge level was found to be the lowest 25 and the highest 70 and the 95% CI value = 47.55-55.51 which means that students' knowledge is in the range of 47.55-55.51. So that a score of 56-75% with a sufficient category there are 13 people (36.1%), a score <56% with a less category there are 23 people (69.9%).

In looking at the initial knowledge of students, there are still many who do not know about BHD. The results obtained are that knowledge is still in the deficient category, namely the steps (BDH) (56.75%), airway obstruction ventilation techniques (29.86%) and chest compression techniques (39.81%). This is in accordance with the research of Fatmawati et al (2020) where before being given the intervention, the respondents' knowledge was still in the deficient category, namely the definition of BHD (23.8%), the theory of danger

(32.7%), the theory of calling for help (33.6%), compression techniques (21.4%), and the theory of "the right time to stop BHD" (26.8%). Verbally, respondents revealed that they were still very unfamiliar with basic life support. This is also in line with the research of Program et al (2022) found that almost all of the respondents (87%) were still wrong in answering statements about indications, time in performing BHD, sequence of BHD steps, recognizing victims in cardiac arrest conditions, chest compression actions, and respiratory support actions. this is due to students who have not been exposed to material about basic life support. This is supported by Fitri's research (2022) which states that someone who has never been given BHD material is less knowledgeable about BHD. Students who lack information or have never been given health education about BHD is one of the factors that can affect the knowledge of respondents (Program et al., 2022).

This is in accordance with previous research related to Cardiopulmonary Resuscitation at SMK N 1 Bawen that 71.2 respondents before being given a Basic Life Support (BHD) education intervention had insufficient knowledge, this could be due to the absence of specific information they received about daily Basic Life

Support (BHD) and its management. Lack of knowledge about everyday emergencies and their management can be due to the lack of information obtained. Theory says that information obtained from either formal or non-formal education aims to improve and develop academic, social, and personal competencies or abilities in the fields of knowledge, skills and attitudes.

The lack of knowledge is evidenced when researchers ask questions related to the definition of basic life support, overall students still do not know and answer incorrectly, due to a lack of information and have never received learning about basic life support. This statement is supported by Susilo (2022) where lack of knowledge is caused by curiosity, or lack of information and has never received learning about basic life support.

2. Knowledge Level of Class XI Students at SMA Santo Thomas 1 Medan Year 2024 after Intervention

Based on the results of the study, it was found that out of 36 students in class XI at SMA Santo Thomas 1 Medan in 2024, the average level of knowledge after being given Basic Life Support (BHD) counseling was 88.61 with a standard deviation of 7.983. The score of students' knowledge level was found to be the lowest 70 and the highest 100 and the 95% CI value = 85.91-91.31 which means that students' knowledge is in the range of 85.91-91.31. So that the score 76-100% with a good category there are 33 people (91.7%), score 56-75% with a sufficient category there are 3 people (8.3%).

From the results that have been studied after being given the intervention, students' knowledge is in the good category. The results obtained, namely the definition of BHD (100%), BHD steps (96.83%), airway obstruction ventilation techniques (57.64%) and chest compression techniques (93.52%). This is in line with the research of Fatmawati et al (2020) where after being given the intervention, students' knowledge increased. The details are as follows: BHD definition (74.8%), danger theory (72.4%), call for help theory (75.2%), compression techniques (72.3%), and the theory of "the right time to stop BHD" (77.4%). Changes in student knowledge were influenced by age and the learning methods used. Young enough age tends to be younger and faster in terms of reasoning power and capacity to capture the information provided.

There are also students who still have sufficient knowledge due to the lack of student focus in paying attention to the interventions provided by researchers regarding basic life support. This is supported by Susilo et al (2022) explained that not only counseling affects behavior, but it is also influenced by the ability to perceive the objects conveyed during counseling through the five human senses. Sensing can produce knowledge that is influenced by the intensity of attention to the perception of objects and most human knowledge is obtained through the eyes and ears.

The existence of increased knowledge can be proven from the results of hypothesis testing using the Paired T Test with a significance of 0.05. Based on the results of the Paired T Test test, it is

known that the significance value after being given an intervention is 0.001, which means that there is an increase in knowledge with lecture and audiovisual methods.

Learning using lectures and audiovisual media can be used as an alternative learning media that can be applied. The above statement is supported by Septiani (2020) who said that lectures and the use of audiovisual media are one of the factors that increase students' knowledge in receiving information about basic life support. Research conducted by Program et al (2022) on health education through audiovisual media on the level of knowledge of high school students found that almost all of the respondents' knowledge changed from the category of less to having knowledge in the good category.

3. The Effect of Basic Life Support (BHD) Counseling on the Level of Knowledge of Class XI Students at SMA Santo Thomas 1 Medan Year 2024

Based on the results of the study, there was a significant difference in knowledge level before and after BHD counseling. This can be proven by the Paired T Test with a significance of 0.05. The result of $p = 0.001$ ($p < 0.05$) means that there is a significant difference between before and after the intervention.

Based on Table 2, it was found that the average level of knowledge before being given Basic Life Support (BHD) counseling was 51.3 with a standard deviation of 11.671. The score of students' knowledge level was found to be the lowest 25 and the highest 70 and the 95%

CI value = 47.55-55.51 which means that students' knowledge is in the range of 47.55-55.51. So that a score of 56-75% with a sufficient category there are 13 people (36.1%), a score <56% with a less category there are 23 people (69.9%). Based on Table 5.3. It was found that the average level of knowledge after being given Basic Life Support (BHD) counseling was 88.61 with a standard deviation of 7.983. The score of students' knowledge level was found to be the lowest 70 and the highest 100 and the 95% CI value = 85.91-91.31 which means that students' knowledge is in the range of 85.91-91.31. So that the score 76-100% with a good category there are 33 people (91.7%), score 56-75% with a sufficient category there are 3 people (8.3%).

According to the researcher's assumption, one of the factors influencing the lack of knowledge about basic life support is due to lack of information and curiosity. This statement is supported by Susilo (2022) where lack of knowledge is caused by curiosity, or lack of information and has never received learning about basic life support. While some students who have been given the intervention still have sufficient knowledge, due to the focus of students in paying attention to the intervention provided by researchers regarding basic life support. This is supported by Susilo et al (2022) explained that not only counseling affects behavior, but is also influenced by the ability to perceive the objects conveyed during counseling through the five human senses. Sensing can produce knowledge that is influenced by the intensity of attention to the perception of objects and most human

knowledge is obtained through the eyes and ears.

In previous studies related to increasing knowledge of basic life support in out-of-hospital cardiac arrest conditions and cardiopulmonary resuscitation to high school students. From the post-test results, it was found that the participants' knowledge changed after being given BHD health education with audiovisual media to 60 high school students, indicating that respondents had a good level of knowledge about BHD with an average BHD knowledge of 84.68. Significant changes in knowledge in participants This shows that the knowledge of high school students has almost entirely increased after being given an intervention because of health education through audiovisual media so that high school students can know how and the steps of BHD. (Program et al., 2022)

Previous research related to basic life support (BHD) knowledge of PMR members of SMK Swadaya Temanggung, from 24 respondents, it was proven that the level of knowledge before being given BHD training was in the category of good knowledge of 2 students (8.3%), sufficient knowledge of 4 students (16.7%), and poor knowledge of 18 students (75%). After being given BHD training, the category of good knowledge increased by 18 students (75%), moderate knowledge increased by 5 students (4.2%) and less knowledge reduced to 1 student (4.2%). The thing that influences the increase in knowledge of PMR members is the provision of training using lecture and question and answer methods so that PMR

members understand the correct basic life support information (Arafat et al., 2020).

Previous research related to basic life support counseling at SMK Arinda Palembang the results of research that has been conducted to 60 respondents. The results showed that the level of knowledge of respondents after being given health education about BHD was 78.405 (75.191-81.619) with a standard deviation of 12.442, the minimum value was 46 and the maximum value was 100. From the estimation it is believed that the knowledge before being given health education is between 75.191 to 81.619. Based on the results of the research conducted, the success rate of health education in increasing knowledge is quite high so that researchers argue that health education can be a good alternative in increasing knowledge about basic life support.(Nadela Prianis Utami et al., 2022)

Previous research related to basic life support (BHD) knowledge at SMAN 2 Muara Enim The results of the study obtained before being given BHD health education with audiovisual media to 60 high school students showed that respondents had a level of knowledge with a poor category regarding BHD with an average BHD knowledge of 55.63, after being given BHD health education with audiovisual media to 60 high school students showed that respondents had a level of knowledge with a good category regarding BHD with an average BHD knowledge of 84.68. Efforts to increase knowledge require a method that is fun and not boring so that students are interested in learning, one method that

can be used is audiovisual media (Program et al., 2022).

According to Mi's theory (2014) health education is one of the efforts that can be given in increasing knowledge. One of the factors that influence a person's behavior is the level of knowledge. According to Darsini et al (2019) knowledge is the result of knowing, and this occurs after people perceive a certain object. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste and touch. Most human knowledge is acquired through the eyes and ears (seeing and hearing). Knowledge is also very close to education, because knowledge is obtained through formal and informal education.

The learning media used in this study to determine the level of student knowledge about basic life support is using lecture and audiovisual methods. According to Nurmala (2018) this lecture and audiovisual method is suitable for use in large groups of about >15 people. In using lecture and audiovisual methods, students become less bored and more easily understand in receiving health education about basic life support (BHD). The results of this study are in accordance with research conducted by Fatimah, Selviana, Otik, & Linda (2020) and Wardani, Arif, and Galih (2020) where audiovisual media is effective in increasing respondents' knowledge and skills and is also able to stimulate many senses of learning, namely the sense of vision and the sense of hearing. Research conducted by Fauzan (2020) states that watching videos that contain sound and

movement can increase a person's ability to understand learning. The more often a person is exposed to BHD, it will improve his ability in terms of BHD both aspects of knowledge and skills (Fauzan et al., 2021). So in conducting this study, researchers conducted interventions 3 times a meeting in 3 weeks. So that in providing continuous intervention, the respondent's knowledge is good.

This is in line with research by Setiawan (2020) which explains that after being given basic life support counseling using lecture and audiovisual methods, respondents experienced an increase in knowledge due to the provision of information. Efforts to increase knowledge require a method that is fun and not boring so that people are interested in learning, one method that can be used is lectures and audiovisuals (Program et al., 2022).

Overall this research is supported by previous research that students as lay people can perform first aid on anyone in an emergency situation, especially on people who experience cardiac arrest and respiratory arrest which are generally found by lay people. The role of the layperson as the first finder of the victim is very influential.

The role of ordinary people in this case high school adolescents is very important to increase one's life expectancy through knowledge and ability to perform Basic Life Support (BHD), therefore information in the form of health education, simulation of Basic Life Support needs to be carried out continuously.

CONCLUSION

The results of the study with a sample size of 36 people obtained the results there is an Effect of Basic Life Support Counseling on the Level of Knowledge of Class XI Students at SMA Santo Thomas 1 Medan Year 2024. Overall can be described as follows: The level of knowledge before the intervention of class XI students at SMA Santo Thomas 1 Medan was obtained 56-75% with a sufficient category there were 13 people (36.1%), scores <56% with a less category there were 23 people (69.9%). The level of enforcement after the intervention of class XI students at SMA Santo Thomas 1 Medan obtained a score of 76-100% in the good category there were 33 people (91.7%), a score of 56-75% with a sufficient category there were 3 people (8.3%). There is a change in the level of knowledge before and after being given basic life support counseling to class XI students at SMA Santo Thomas 1 Medan. Based on the results of the Paired T Test test, the results obtained $p = 0.001$ ($p < 0.05$) which means there is a significant difference between before and after being given counseling on Basic Life Support (BHD).

For further research, it is hoped that the number of samples will be increased and health education will be given to high school students majoring in social and science for class XII.

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