



# Journal of Social and Economics Research

Volume 5, Issue 2, December 2023

P-ISSN 2715-6117

E-ISSN 2715-6966

Open Access at: <https://idm.or.id/JSER/index.php/JSER>

**PENYELENGGARAAN DAN PELATIHAN BANTUAN HIDUP DASAR UNTUK MENINGKATKAN KESEHATAN DAN KETAHANAN EKONOMI DI PESANTREN SIRAJUSSA'ADAH LIMO DEPOK**

*COUNSELING AND TRAINING IN BASIC LIFE SUPPORT TO IMPROVE HEALTH AND ECONOMIC RESILIENCE AT THE SIRAJUSSA'ADAH LIMO ISLAMIC BOARDING SCHOOL, DEPOK*

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## INFO ARTIKEL

### Kata Kunci:

Pelatihan, Bantuan Hidup Dasar, Siswa

## ABSTRAK

Pengintegrasian penyuluhan dan pelatihan Bantuan Hidup Dasar dalam lembaga pendidikan memiliki potensi yang sangat besar untuk mendorong perkembangan holistik yang meliputi aspek fisik, mental, dan ekonomi. Tujuan pelaksanaan penyuluhan dan pelatihan Bantuan Hidup Dasar untuk Santri di Pondok Pesantren Sirajussa'adah, Limo, Depok adalah untuk memberikan pengalaman Pendidikan transformatif kepada santri dalam meningkatkan kesejahteraan mental mereka, membekali mereka dengan keterampilan menyelamatkan jiwa, dan memberdayakan mereka untuk menjadi individu yang utuh yang memberikan kontribusi positif bagi komunitas mereka dan masyarakat pada umumnya. Mereka berlatih mengidentifikasi tanda-tanda henti nafas, tanda gejala serangan jantung, membersihkan sumbatan jalan nafas, memberikan bantuan pernapasan, dan Heimlich Manuever. Sasaran utama dari kegiatan pengabdian masyarakat ini adalah para santri di Pesantren Sirajussa'adah Limo, Depok. Metode yang digunakan dalam pelatihan ini adalah ceramah, diskusi, simulasi, dan bermain peran. Hasil kegiatan pengabdian masyarakat diharapkan para santri dapat memberikan bantuan segera kepada masyarakat, berpotensi menurunkan biaya pengobatan untuk individu dan keluarga mereka, sehingga berkontribusi terhadap ketahanan ekonomi.

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## ARTICLE INFO

**Keywords:**  
Basic Life Support,  
Training, Conseling

## ABSTRACT

*The integration of counseling and training on Basic Life Support in educational institutions has enormous potential to encourage holistic development which includes physical, mental and economic aspects. The aim of implementing Basic Life Support counseling and training for Santri at Sirajussa'adah Islamic Boarding School, Limo, Depok is to provide transformative educational experiences to students in improving their mental well-being, equipping them with life-saving skills, and empowering them to become whole individuals who make a positive contribution to their community and society in general. They practice identifying signs of stopping breathing, signs of heart attack symptoms, clearing airway obstructions, providing respiratory assistance, and the Heimlich Maneuver. The main target of this community service activity is the students at the Sirajussa'adah Limo Islamic Boarding School, Depok. The methods used in this training are lectures, discussions, simulations, and role playing. The results of the community service activities are hoped that the students will be able to provide immediate assistance to the community, potentially reducing medical expenses for individuals and their families, thus contributing to economic resilience.*

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## INTRODUCTION

In a period of rapid change and unforeseen challenges, the merging of health and economic resilience has emerged as a critical demand for people and society. In a culture where catastrophes can occur at any time, being prepared to respond effectively might be the difference between life and death. The foundations of Basic Life Support (BLS), which are required to give immediate aid to someone having a heart attack or other life-threatening circumstances, can be learned by anyone. Communities all across the world are creating programs to offer their citizens greater power because they recognize the significance of BLS training.

Basic Life Support (BLS) is a fundamental set of skills and techniques designed to provide immediate care to individuals who are experiencing life-threatening medical emergencies. Death will occur within minutes if the victim does not receive immediate assistance (AHA, 2022). According to Thomas et al. (2018), cardiac arrest is one of the causes of death due to disorders that occur in the cardiovascular system. According to data from the World Health Organization By 2020, heart disease and stroke will be the leading causes of death and disability worldwide, with the number of deaths projected to increase to more than 20 million per year and by 2030 to more than 24 million per year.

In the context of community service activities within Islamic boarding schools, the integration of BLS training holds significant importance. Islamic boarding schools, often referred to as madrasas or pesantrens, are not only centers of religious education but also play a vital role in nurturing the overall well-being of students and their surrounding communities. Incorporating BLS training in these settings aligns with the Islamic principles of compassion, mercy, and the obligation to help those in need.

The incorporation of BLS training in Islamic boarding schools equips students and members of the community with the skills required to respond effectively in critical situations such as cardiac arrest, choking, or severe injuries. These skills can be applied both within the school environment and in the broader community, enabling students to become responsible and capable citizens who contribute positively to society.

Islamic teachings emphasize the importance of caring for others and saving lives. The Qur'an states, "And whoever saves one life, it is as if he had saved mankind entirely." (Qur'an, 5:32). This principle underscores the ethical and moral responsibility to provide assistance to those in need. By integrating BLS training into community service activities, Islamic boarding schools can fulfill their mission of not only imparting religious education but also creating individuals who are equipped to serve and protect the lives of others.

Integrating BLS training within the framework of community service activities in Islamic boarding schools not only imparts valuable life-saving skills but also reflects the holistic approach these institutions take toward education and social responsibility. By cultivating a culture of compassion and preparedness, these schools contribute to the well-being of their students and the wider community, in line with both Islamic values and global best practices in emergency response and medical care.

## **METHOD**

### **Identification of Problems**

At this point, a preliminary survey of students was conducted to learn more about assisting accident victims, particularly with relation to their knowledge of basic life support. The purpose of this step is to establish the socializing material and the conversation topic.

### **Development of Achievement Concepts and Indicators**

Based on the survey's findings, socialization materials were created, and it is anticipated that the socialization will meet the demands of partners. The amount of pupils' knowledge of basic life support before and after socializing is measured and compared using outcome indicators of socialization. Pre-test and post-test questions are used to create achievement indicators.

### **Activity Planning Stages**

At this stage, planning activities at the Islamic Boarding School. Schedules for implementation, themes, gathering materials, rundowns, and other activity requirements are determined by planning.

### **Activity Implementation Stages**

The approach utilized for socialization is the delivery of information utilizing the lecture method and simulation so that there is an interactive dialogue between the student participants and the resource person and the intended goals can be reached.

### **The Monitoring and Evaluation Stages**

There were 25 students from the high school and vocational levels that participated in this activity. Class XI at the senior high school level had a total of 13 students, and class X at the vocational high school level had a total of 12 students. There were 16 girls and 9 boys overall.

Monitoring is done using achievement indicators in each community service activity; evaluation is done based on indicator achievement. By distributing surveys before and after the execution of community service activities, the team will be able to gauge the success of the service program based on these findings. They will also ask the students to redemonstrate mobilization of sufferers using spinal boards safely.

After the simulation is carried out, the next stage is the Evaluation stage to find out the description of the participants' knowledge after being given material and carrying out a simulation. The outcomes were somewhat unexpected, and participants' comprehension started to deepen. Out of the 25 participants, 4 (16%) had insufficient understanding of basic life support, 6 (24%) had sufficient knowledge, and 15 (60%) had good knowledge. According to Mulyadi & Katuuk (2017), after students receive health education (learning and training) regarding BHD, there will be an increase in the degree of knowledge.

Students can gain information through the learning process, and the more someone understands or learns, the more motivated they will be to act in accordance with what they have learned. It is believed that everyone has knowledge, and that the more the five senses are used, the more and clearer the understanding or knowledge that is attained (Watung, 2021). The presence of a student who is unable to engage in all sessions of instruction because they must follow the learning process is the only problem that occurs during the execution of the mass participation program.

### **RESULT AND DISCUSSION**

By incorporating BLS training into community service initiatives, Islamic boarding schools empower their students to become capable first responders. These students, armed with the knowledge and skills to handle critical situations, can make a significant difference when immediate medical assistance is required. Such initiatives align with the teachings of the Qur'an, emphasizing the value of saving lives and promoting human welfare.



**Figure 1. Photo Team with Students and Board of Islamic Boarding School**

In this community service, we provide a solution by holding Basic Life Assistance training activities that start with students at Islamic boarding schools. This training is the first step in reducing victims due to cardiac arrest outside the hospital. This is important to do because an emergency situation can happen anytime, anywhere, and by anyone, regardless of time and place. Through ongoing training, it is hoped that in the future the community will have more awareness and understanding, what is more important is that the community is able to carry out Basic Life Assistance.

## **CONCLUSION**

In conclusion, the combination of counseling and Basic Life Support training at the Sirajussa'adah Limo Depok Islamic Boarding School represents a pioneering model for maintaining health and economic resilience. Basic Life Assistance Training is able to increase the participants' knowledge about clearing the airway, supporting breathing, and preserving blood circulation. In order to help the society, including themselves in an emergency, it is intended that events like these would be conducted regularly so that later the participants will not only know but also be able to do Basic Life Assistance.

This study contributes to the growing knowledge of holistic education, highlighting the importance of addressing mental well-being and life skills simultaneously to create whole and empowered individuals who are ready to make positive contributions to their communities and wider society.

## **ACKNOWLEDGEMENT**

The authors would like to express gratitude to o the Head of the Sirajussa'adah Islamic Boarding School who have trusted us to provide training to their students. Thanks also to the Faculty of Health Sciences Universitas Pembangunan Nasional Veteran Jakarta for lending medical equipment for this community service activity and nursing students who have helped carry out this activity.

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