

Tenth-Grade Students' Knowledge of First Aid for Sports Injuries at SMA Negeri 1 Praya Tengah

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Abstract

Objectives: This study aimed to examine the level of knowledge among tenth-grade students regarding first aid for injuries at SMA Negeri 1 Praya Tengah.

Materials and Methods: A descriptive quantitative design with a survey approach was employed in this study. Data were collected using a multiple-choice test administered to 150 tenth-grade students. The instrument initially consisted of 20 items and was evaluated through content validity using expert judgment. After the validation process, 16 valid items were retained for the final administration. The collected data were analyzed descriptively and presented as percentages.

Results: The results indicated that 5% of students fell into the very poor category, 7% into the poor category, 5% into the fair category, 46% into the good category, and 37% into the very good category.

Conclusions: The findings suggest that the overall level of students' knowledge regarding first aid for injuries at SMA Negeri 1 Praya Tengah was in the good category.

Keywords: First Aid Knowledge, Sports Injuries, Secondary School Students, Physical Education, School Health

Introduction

Safety is a fundamental aspect of human life and one of the most valuable conditions that must be maintained in daily activities (Bailey et al., 2024; Chatzipanteli & Adamakis, 2022). Every individual requires a sense of security and comfort, whether while walking, driving, working, studying, or participating in other activities (Chatzipanteli & Adamakis, 2022; Faradilla et al., 2025; Risman et al., 2023). In educational settings, safety is particularly important during teaching and learning processes, especially when students are involved in physical activities that may expose them to the risk of injury (Bailey et al., 2024; Risman et al., 2023).

One of the major factors contributing to accidents and injuries is human negligence, which is often associated with limited knowledge of injury prevention and injury management (Carboch & Váchová, 2024; Cools et al., 2021). A lack of understanding of first aid from an early age may increase the likelihood of inappropriate responses when an injury or emergency occurs. In reality, accidents and



emergency situations may happen unexpectedly, at any time and in any place, without prior warning.

Based on the researcher's observations during teaching practice at SMA Negeri 1 Praya Tengah, it was found that the school has a Special Sports Class program and collaborates with the Pengadang Public Health Center in supporting school health services (Mbizvo et al., 2023; Panchal et al., 2022). Information obtained from one of the teachers indicated that Physical Education teachers at the school had previously received knowledge of first aid through scouting activities and the Youth Red Cross organization. However, this knowledge had not been fully disseminated to all students. In addition, first-aid treatment in the school setting was mainly handled by Physical Education teachers, the school health unit teacher, students assigned to the health unit, and members of the Youth Red Cross extracurricular program. The implementation of first-aid management was also reported to be not fully aligned with appropriate theoretical procedures.

Given this condition, it is important to examine the extent of students' knowledge of first aid for injuries. This study was therefore conducted to assess the level of knowledge among tenth-grade students regarding first aid for injuries at SMA Negeri 1 Praya Tengah.

Materials and Methods

Study Design

This study used a descriptive quantitative design with a survey method (Sugiyono, 2012). The purpose of the study was to measure the level of knowledge of tenth-grade students regarding first aid for injuries at SMA Negeri 1 Praya Tengah. Data were collected using a multiple-choice test instrument, and the results were analyzed using descriptive quantitative statistics in the form of percentages.

Study Participants

The participants in this study were tenth-grade students of SMA Negeri 1 Praya Tengah. The total population consisted of 150 students, and all 150 students were included as the research sample. The sampling technique was purposive sampling, based on the researcher's consideration that the selected participants adequately represented the target population (Arikunto, 2010).

Study Organization

This study was conducted at SMA Negeri 1 Praya Tengah, located on Praya-Kopang Road, Pengadang, Central Praya. The research instrument was a multiple-choice test designed to measure students' knowledge of first aid for injuries. Initially, the instrument consisted of 20 items distributed across several indicators. Before being used in the actual study, the instrument underwent content validation through expert judgment. The validation process involved two subject-matter experts, namely Dr. Mujriah, M.Pd. and Dr. Johan Irmansyah, M.Pd. Based on the validation results, four items were considered unsuitable for use; therefore, 16 valid items were retained for the final administration.

Statistical Analysis

The collected data were analyzed using descriptive statistical techniques. Students' scores were classified into five categories: very poor, poor, fair, good, and very good. The results were then presented in frequencies and percentages to describe the overall level of knowledge

Results

This study was conducted to determine the level of knowledge of tenth-grade students regarding first aid for injuries at SMA Negeri 1 Praya Tengah. Based on the results of the data analysis, it was found that 5% of students (8 students) were classified in the very poor category, 7% (10 students) in the poor category, 5% (8 students) in the fair category, 46% (69 students) in the good category, and 37% (55 students) in the very good category. Overall, the findings indicate that the students' level of knowledge was predominantly in the good category.

Table 1. Distribution of Students' Knowledge Levels

Category	Frequency (n)	Percentage (%)
Very Poor	8	5
Poor	10	7
Fair	8	5
Good	69	46
Very Good	55	37
Total	150	100

Discussion

The findings of this study indicate that the level of knowledge among tenth-grade students regarding first aid for injuries at SMA Negeri 1 Praya Tengah was generally classified as good. This result suggests that most students already possess a basic understanding of first-aid procedures for injuries. Such a finding may be influenced by the school environment, particularly its Special Sports Class program and its collaboration with the local public health center in supporting health-related activities at school.

However, the presence of students in the very poor, poor, and fair categories demonstrates that knowledge of first aid is not yet evenly distributed across all students. This may be due to the fact that first-aid knowledge obtained by Physical Education teachers and certain school personnel has not been comprehensively delivered to the student body as a whole. (Abduh et al., 2024; Risman et al., 2023) In addition, the observed practice of first-aid management at school was reported to be inconsistent with



established theoretical principles. This issue deserves serious attention because improper first-aid treatment may worsen an injury rather than reduce its impact.

In the context of physical education, knowledge of first aid is an essential component that should be mastered by students, particularly in schools where sports and physical activities are prominent. Therefore, strengthening first-aid education through Physical Education classes, school health programs, and extracurricular activities is necessary to improve students' preparedness in responding appropriately to injuries in the school environment (Andika et al., 2024; Bronikowska et al., 2024; Camacho-Sánchez et al., 2023).

Conclusions

Based on the findings of the study, it can be concluded that the level of knowledge of tenth-grade students regarding first aid for injuries at SMA Negeri 1 Praya Tengah was generally in the good category. Specifically, 46% of students were classified as having good knowledge and 37% as having very good knowledge. Nevertheless, a smaller proportion of students still demonstrated limited knowledge, indicating the need for further educational efforts to ensure more comprehensive understanding among all students.

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