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# Increasing Knowledge about First Aid for Falls in Primary School Children

**Fahru Rozi[1], Irma Ristivani[2], Ismah Fahrizah[3], Andry[4], Azzahra Bulan Maghfira[5], Febriana Wahyuningtias[6], Nabella Kartika Dewi[7], M.Adamfian M.H[8], Bertold Yunus[9], Ahmad Khoirul Fikri[10]**
[1,2,3,4,5,6,7,8,9,10]Universitas Balikpapan, Balikpapan, Indonesia
irmaristivani@gmail.com

## ABSTRACT

Elementary school children are those who are in their growth period. During their growth period, it is not uncommon for them to be very active and explore new things. While exploring, some of them may fall, slip, get scratched and get wounds on their hands, foreheads or feet. The wounds they get are certainly a valuable experience for them, but do children know how to handle them properly when a child gets injured? Education needs to be given to children so that children at least know what steps or methods to take when they get injured. Based on the results of observations made by the author at SD Negeri 013, Suko Mulyo Village, Sepaku. Education regarding handling open wounds has not been provided optimally. Therefore, the author conducted outreach at the elementary school regarding handling open wounds in children so that children and teachers at the school would pay more attention to how to handle open wounds when children experience falls or other things that cause injuries. The method used is observation and an approach through Role Playing Models. Respondents consisted of 18 grade 4 children at SD Negeri 013. The results achieved showed that children knew what tools were and how to handle open wounds as evidenced by recalling that children were able to mention first aid steps for open wounds in the correct order.

**Keywords: Elementary School; First Aid; Open Wounds**

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***Corresponding Author:***
Irma Ristivani,
Universitas Balikpapan,
Jalan Pupuk Raya, Gn. Bahagia, Kota Balikpapan
Irmaristivani@gmail.com

## 1. INTRODUCTION

Education is a place of growth for children, because this is where children will grow and develop, students at school are at high risk of experiencing simple accidents such as scratches and injuries from falls. The high incidence of injuries at school is 5.4%. First aid for open wounds in children is not the direct responsibility of the child, but children must be aware and understand how to properly handle open wounds that have just been obtained so that germs do not spread (Ulum & Gunungpati, 2023).

School life is the most important part of children's lives which has a direct effect on a child's mental and physical health because more than 660,000 children aged 0-14 years died due to injuries in 2012 (Oktaviani et al., 2020).

Injury is generally defined as a state of physical immobility caused by damage to certain parts of the body. In particular, injury is described as damage to the structure of bones, muscles and other soft tissue due to impact, excessive activity (overload), environmental conditions and technical errors. (Indri Harta & Nur Fata, n.d.,2022) Injuries also result in disabilities that can be caused by accidental injury or intentional injury. Burns are one of the unintentional injuries that often occur in children and are the eleventh cause of death in children aged 1 to 9 years (Made Krisna Dewi Widya Permata Adi et al., 2021).

A more effective way to deal with injuries is to understand several types of injuries and recognize how our body responds to these injuries. So you can know what to do to prevent injuries from becoming serious, and how to treat them (Kemala & Mamesah, 2020). When experiencing an acute accident, a person often experiences trauma which results in physical and physiological conditions that require treatment of the injury through several stages (Maldi et al., n.d.,2020).

First aid for accidents (P3K) is an action that is taken when an incident first occurs, before receiving medical assistance. This is important because with proper treatment it will minimize the risk of severity of

the patient's condition. However, what was found in the field were several cases resulting from accidents at home. Stairs can become worse as a result of mishandling. For example, a client who suffered burns due to an accident while cooking was treated by applying toothpaste to treat the burns. This actually makes the wound worse because the location around the wound is due to the presence of mint, bleach, and dye which can slow down wound healing, trigger infection, and can result in the burnt skin becoming even more blistered (Kattan et al., 2016). First aid can be done in a very easy way, including cleaning and closing the wound. If the victim has a wound inside the body, first aid can be done by bandaging the wound and ensuring that no debris enters the body (Siregar et al., 2024). Providing appropriate first aid to people who have experienced burns is an important step to reduce the severity of injuries, pain and post-burn complications (Lam et al., 2017).

A first aid kit or first aid box is a place or container containing first aid tools that can be used when an emergency or injury occurs to someone and to prevent a higher level of injury severity. These relief efforts are aimed at reducing pain, preventing possibilities and conditions that can make the victim worse (Budi et al., 2024).

The existence of first aid training in improving skills is very influential, where training is a short-term educational process that combines theoretical and practical learning, so that training is a factor that can increase a person's knowledge (MUHAMMAD+SOFHIAN+NUR+6+TERBIT+1+sd+7, n.d., 2022). According to Kalaiyasaran, having knowledge about first aid in the school environment is very important so that they can help other people or themselves in the school environment. Wirakhmi emphasized that improper first aid measures, for example if a wound is not treated properly, has the potential for the wound to get worse. In fact, it is feared that it could become a nest for germs that spread throughout the body.(Setianingsih et al., n.d.)

Elementary school children also experience quite rapid changes compared to their previous age. From a physical perspective, children experience changes, elementary school age children tend to like to move and be active. The tendency of elementary school age children to be active and move a lot can cause unexpected things such as falls and accidents. (Mirwanti & Nuraeni, 2017)

A layperson is the first person who is able to provide assistance to someone with an injury with the aim of reducing the negative impacts that arise because of it. Providing first aid is an important thing to do in the school environment considering that school is a place with a fairly high risk of injury and students are ideal laypersons..(Nastiti, 2020)

The success of providing first aid can be seen from the quality of individual behavior which is influenced by the understanding they have regarding aiding wounds. The higher the knowledge, the more positive an individual's behavior towards a problem will be. The better a person's knowledge and experience, the better they will be at providing first aid (Christianingsih et al., 2021). So, in carrying out the first treatment for open wounds, proper education must be carried out in order to get maximum results and not get acute infections in the wounds. If it is handled incorrectly, infection of the wound can cause possible consequences, such as delays in the healing process of the wound, the appearance of green fluid with an unpleasant odor, and causing fever.

Based on the results of observations and approaches through Role Playing Models at SD Negeri 013, Suko Mulyo Village, Sepaku. It was found that the institution did not have complete first aid facilities for open wounds in children. Apart from that, there is a lack of in-depth knowledge regarding the effects of open wounds and how to properly handle children's wounds. After observing open wounds on students at SD Negeri 013, Suko Mulyo Village, these were caused by falls and scratches. The treatment carried out by this institution is still not optimal, where the wound is only wrapped with plaster without cleaning it first, this can cause infection in the child's wound which can cause the wound to become more serious. Treatment that should be carried out for open wounds in early childhood is to clean the wound with running water,

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clean the edges of the wound with sterile tissue, then clean the wound with antiseptic and cover with sterile gauze or gauze plaster. This is done to prevent germs from entering the wound which will cause excessive infection and helps wounds dry quickly. Based on the results of these observations and background, outreach activities regarding first aid for open wounds and burns in children are needed from as early as possible. Therefore, socialization was carried out regarding first aid for open wounds at the school.

## 2. RESEARCH METHOD

The activity was in the form of counseling for children which was packaged under the activity name "Socialization about First Aid When Falls in Elementary School Children" using the Role Playing Models approach method. The role play method is a learning model that assigns students to act as a character in material or an event expressed in the form of a simple story. As well as providing education through fun delivery so that children are enthusiastic about learning and understanding what is being socialized. This socialization activity for students was held on Tuesday, February 6, and took place at SD Negeri 013 which is located at Suko Mulyo Village, Sepaku District, North Penajam Paser. The objects or targets for this community service activity are the children of SD Negeri 013 in Suko Mulyo Village who are in the age range of 6 to 12 years. The method of activity carried out in this activity is by providing counseling and delivering material offline or face to face.

## 3. RESULTS AND DISCUSSION

This community service activity was attended by 25 class VI students of SDN 013 SEPAKU. The preparations made for this community service activity include visiting the location that will be used as a venue for the activity. In choosing a location, members consider everything, such as the class teaching schedule. Carrying out debriefing by group members who help with socialization regarding what is done during the activity. Coordinating with the staff of the agency where the activity is related regarding the mechanism of the activity that will be carried out. Preparing games along with prizes that we have prepared to enliven the activities that will be carried out.

Then this socialization was led by students by providing material about First Aid when fall in Elementary School Children. The implementation of this community service activity is as follows:



**Fig 1. Explanation of Material**

At this stage, the presenter explains material regarding socialization about first aid when falling. The aim of this activity is to provide understanding and knowledge about what is in a first aid kit and its functions.

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**Fig 2. Questions and Answers and Practice**

Questions and answers and sharing about the activity material. At this stage of the activity, I as the presenter asked questions regarding the discussion of the material for this activity. The questions such as, “who here has ever fallen at school? Who has ever treated his own wounds when he fell?” and so on, were given and then the presenters provide responses to answers and questions from activity participants. This stage also included a sharing session where the children participating in the activity could convey their experiences of falling and treating wounds. The learning was using Role Models. At this stage, the speaker appointed a female student named Raisa to play the role of a victim who fell at school. The use of role models as intermediaries in conveying information was intended to make learning activities more interesting and realistic, which could create enthusiasm for learning by making one of the female students as a role model. Direct interaction between students and presenters provides a new and enjoyable experience in learning activities. It is hoped that providing knowledge about First Aid in a fun way will be easier for elementary school children to understand.

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**Fig 3. Giving Gifts and Taking Photos Together**

At this stage the presenter gives prizes to students who have the courage to ask the presenter and have interesting questions and give prizes as a memento to the students. Students of field study and community service badge XV for the 2024 academic year hope that this socialization can help elementary school age children in first treating injuries and providing education and understanding about how to treat injuries when they fall.

## 4. CONCLUSION

This socialization illustrates the importance of providing safety education and first aid to children from an early age to increase their awareness and readiness to face emergency situations. In this way, children can respond quickly and effectively when a minor accident occurs. Suggestions from this socialization activity are: to carry out safety education programs as early as possible, use interactive and fun learning methods, involve parents and teachers in supporting children's learning and encourage children's participation in simulation exercises to strengthen their skills.

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