

Water Rescue Training to Improve the Ability of Waterfall Tourism Managers in Helping Drowning Victims (Study at Nglirip Waterfall Tourism, Singgahan, Tuban)

Kusno Ferianto¹ (Corresponding author), Moh. Ubaidillah Faqih²

¹Department of Nursing, Institut Ilmu Kesehatan Nahdlatul Ulama Tuban, Indonesia;
kusno@stikesnu.com

²Department of Nursing, Institut Ilmu Kesehatan Nahdlatul Ulama Tuban, Indonesia;
moh.ubaidillah.faqih@gmail.com

ABSTRACT

This study aims to determine the effect of water rescue training on the ability of waterfall tourism managers to help drowning victims at the Nglirip waterfall tourist location, Singgahan, Tuban, Indonesia. This experimental study used one-group pretest-posttest designs. The sample was selected by simple random sampling technique. The instruments used are standard operating procedures and questionnaires. Data were analyzed using the Wilcoxon test. The results showed that p-value = 0.000, so it was concluded that water rescue training had an effect on the ability of waterfall tourism managers to help drowning victims.

Keywords: training; water rescue; aid for drowning victims

INTRODUCTION

Cases of drowning in water attractions often occur and result in victims dying, this is due to the lack of supervision given to visitors and not optimal handling resulting in drowning victims. There are so many water attractions that do not pay attention to safety factors for visitors, such as the lack of skills possessed by guards in helping drowning victims, only armed with the ability to swim, water tourism guards can usually only evacuate victims from the water and wait for medical assistance to arrive. Preventive measures are taken to minimize the possibility of a more severe risk, namely death. Several cases describe drownings due to weak supervision, inadequate facilities, and most importantly due to failure in handling emergency cases in accidents in the water, but until now there are still many tourism managers who have not received training and cannot handle drowning victims properly. and right.

World Health Disease (WHO) noted that in 2011 worldwide there were 400,000 accidental events. That is, this figure ranks second after traffic accidents. Even the Global Burden of Disease (GBD) states that this figure is actually smaller than all drowning deaths caused by floods, water transportation accidents and other disasters (Rifino et al, 2011).

In Indonesia the number of drowning victims due to natural disasters according to the National Disaster Management Agency (BNPB) was 44 people during 2013, this figure is relatively small compared to the number of drowning victims at sea according to the National Transportation Safety Committee (KNKT) in 2013 which was 65 victims. .

On the island of Java, there are also many drowning incidents. In the last five years there have been approximately 50 tourists drowning in this part of the island of Java. As we know, the southern coastal waters which have quite large waves and are one of the marine tourism spots that have claimed a lot of victims (Galih Priambodo, et al. 2017). Multazam Dawud as the head of the Nglirip Waterfall tour said that 2015 was the last time a drowning incident occurred and killed 1 young man from Gresik.

The results of the initial survey conducted through interviews with the manager of the Nglirip Waterfall Tour on September 8, 2019, it was found that 20 of the 30 managers did not know about handling drowning victims and had never received any training before, they were only able to evacuate victims to the mainland without knowing how further treatment of pree hospital victims and waiting for medical help.

There are several general factors that affect the handling of water rescue, namely the education/knowledge factor, namely the higher a person's education the better the knowledge he has, the physical readiness factor even though a person has water rescue abilities but he must pay attention to physical readiness before doing help so that cramps and muscle spasms do not occur. when in the water, the attitude factor for handling can be done correctly if the manager has mastered the material on handling drowning victims in accordance with the SOPs that have been determined, the factor of lack of socialization about the benefits of first aid for drowning victims is an obligation for relevant agencies to provide socialization tourism object guards in order to increase their ability to carry out their duties, the age factor is when a person's age increases, there will be changes in a person's physical and psychological conditions,

and the experience factor is where experience can be used as a as a basis to be better than before and as a source of knowledge to obtain a truth. Of these factors, the main cause that affects the handling of drowning victims is the lack of knowledge about how to handle drowning victims themselves (Notoadmodjo, 2007).

Knowledge or cognitive is a very important domain in shaping one's actions (open behavior), (Notoatmodjo, 2014). The low level of knowledge related to handling drowning victims makes the inability to provide assistance to drowning victims. Humans as social beings should always provide assistance to others in need, including providing assistance (Kerlinger, 2009 in Damayanti. 2016). Whereas assistance to drowning victims is an effort to help and temporarily treat drowning victims before receiving further assistance. This help is not a perfect treatment or treatment, but only in the form of temporary assistance carried out by first aid workers for drowning victims who first saw the victim (Kartono, 2005 in Damayanti, 2016).

Efforts to overcome the problem of handling drowning victims are to provide training/counseling on water rescue so that they are able to provide first aid to drowning victims quickly and precisely before the victim is taken to a referral place (doctor/health center/hospital). In addition to training, supporting things that can be done are through socialization from related institutions such as BPBD, BNPB, closest health workers, peers who understand or who have participated in previous water rescue training can be supporting things that can affect their ability to help drowning victims. .

Based on the above background, the researcher is interested in examining the effect of water rescue training on the ability to help drowning victims in the management of the Nglirip Singgahan Waterfall Tour, Tuban.

METHODS

The design used in this study is a one-group pretest-posttest, namely research that aims to determine the effect, cause, effect by involving an experimental group (Nursalam, 2013). This research was conducted by giving a pre test (initial observation) before being given treatment (X), after being given treatment, then doing a post test (final observation). This is done to find out the difference between the pre-test and post-test. The population in this study were all managers of the Nglirip waterfall, Singgahan, Tuban, Indonesia as many as 30 people. The sample size taken in this study were 28 respondents. The study used a probability sampling technique with a simple random sampling method. To achieve this sampling, each element was selected randomly (Nursalam, 213). The instruments used in this study were Standard Operating Procedures (SOP) and questionnaires. Data were analyzed using Wilcoxon's test.

RESULTS

Table 1. Distribution of the ability of waterfall tourism managers to help drowning victims, before being given water rescue training

Ability	Frequency	Percentage
Very good	0	0
Good	1	5
Enough	3	15
Less	16	80
Bad	0	0

Based on table 1, it is known that before being given water rescue training, most of the tourism managers (80%) had a low level of ability to help drowning victims.

Table 2. Distribution of the ability of waterfall tourism managers to help drowning victims, after being given water rescue training

Ability	Frequency	Percentage
Very good	3	15
Good	17	85
Enough	0	0
Less	0	0
Bad	0	0

Based on table 2, it is known that after being given water rescue training, most of the tourism managers (85%) had a good level of ability to help drowning victims.

The results of the Wilcoxon test showed $p\text{-value} = 0 < 0.001$, so it was interpreted that there was a difference in the ability of tourism managers to help drowning victims between before and after water rescue training. In this case, the ability in the post-training phase is better than in the pre-training phase.

DISCUSSION

The results showed that of the 20 respondents, there were 16 (80%) respondents who in the pre-test were in the poor category, while in the post-test they improved to be good; there is 1 (5%) respondent who in the pre test is in the sufficient category, and during the post test it increases to good; there are 2 (10%) respondents who in the pre-test are in the sufficient category and during the post-test period they increase to be very good; and 1 (5%) respondents who were in the good category on the pre test in the post test increased to very good. Meanwhile, the results of the analysis show that there are significant differences in the ability of tourism managers to help drowning victims, between before and after the training. This shows that before the water rescue training was given, almost all of the Nglirip waterfall tourism managers had a low level of ability. Meanwhile, after the implementation of water rescue training, it was found that the level of ability to help drowning victims at the Nglirip waterfall tourism manager was almost entirely good. Training helps individuals to master skills and abilities (Chevich, 2008).

Iverson (2001) says that handling requires basic skills that everyone has can help produce something more valuable and faster. Handling can be defined as a person's ability to apply knowledge into action.

Notoatmodjo (2003) says that knowledge is the result of knowing, and this occurs after people have sensed a certain object. Sensing occurs through the five senses, namely the senses of sight, hearing, smell, taste, and touch. Most of human knowledge is obtained through the eyes and ears.

Justine (2006) said to increase knowledge and apply in the form of handling influenced by education and training, someone who has a high education will have good knowledge so that it helps them in completing new things. Training is very supportive of increasing knowledge and skills if followed properly (Wardani, 2017).

From the results of research and theory, it is proven that water rescue training is very effective for nglirip waterfall tour managers to improve the ability to help drowning victims and have the interest and courage to help victims according to the knowledge gained during the training. According to Sukiarko (2007) training is defined as an effort to increase knowledge, change behavior and develop skills.

This significant change shows that the water rescue training provides knowledge and makes experiences that have an impact on the ability of respondents. Water rescue training is an activity using a demonstration method that provides an overview to respondents about techniques for helping drowning victims.

The success of the training carried out was due to the implementation of water rescue training that went well and was carried out according to standard operating procedure (SOP) instructions. The success was also supported by the cooperative attitude of the respondents who followed the direction of the researcher well. The success of implementing water rescue training has a positive impact on increasing the ability to help drowning victims.

The results of the study concluded that water rescue training was effectively used to increase knowledge, add experience so as to improve the ability of managers. This implies that water rescue training can be used as an alternative training that can be used to provide knowledge and descriptions so that they have the ability to provide assistance to drowning victims.

CONCLUSION

Based on the results of the study, it can be concluded that water rescue training is effective in increasing the ability of the Nglirip waterfall tourism manager, Tuban to help drowning victims.

REFERENCES

1. AM Gobel. 2014. Pengaruh Pendidikan Kesehatan Tentang Penanganan Pertama Korban Tenggelam Air Laut Terhadap Peningkatan Pengetahuan Masyarakat Nelayan Di Desa Bolang Itang Ii Kabupaten Bolaang Mongondow Utara. Diakses 12 desember 2019
2. BNPB.go.id

3. Colquhoun MC, Handley AJ and Evans TR. ABC of Resuscitation. Fifth Edition London: BMJ. 2004 dalam Harry dkk , 2010. Diakses 13 Desember 2019.
4. Damayanti, Ida 2016, Pengaruh Pemberian Pelatihan Pertolongan Pertama Pada Kecelakaan Terhadap Pengetahuan Penanganan Fraktur Pada Siswa Anggota PMR di SMA Negeri 1 Binangun. Skripsi. Stikes Muhammadiyah Gombang.
5. Farid Rifai, 2017. Pengaruh Pelatihan Pertolongan Pertama Pada Kecelakaan (P3K) terhadap penanganan kecelakaan pada anggota club motor CB Tuban. Diakses 12 Desember 2019
6. Galuh priambodo.2017 .Indikator bantuan hidup dasar untuk menolong korban tenggelam. Diakses 12 Desember 2019 <http://jurnal.stikeskusumahusada.ac.id/index.php/JK/article/view/214>
7. Notoatmodjo, Soekidjo,2007. Promosi Kesehatan dan Ilmu Perilaku. Jakarta: Rineka Cipta. di akses 12 Desember 2019 <https://id.scribd.com/doc/132556272/Teori-lawrence-green>
8. Nurizal choirian,2013. Journal of sport science and fitness,manajemen lifeguard pada water blaster kota semarang. Di akses 12 Desember 2019
9. Nursalam. 2015. Metodologi Penelitian Ilmu Keperawatan. Jakarta Selatan: Salemba Medika.
10. Piam, 2015. Sop Water Rescue. Diakses 1 Desember 2019
11. Semar Relawan. 2018. Water rescue. Diakses 12 Desember 2019. <http://www.semarrelawan.or.id/2018/03/pengertian-water-rescue/>
12. Susanto, Ermawan. 2009. Pelatihan Dasar-Dasar Keamanan Air Bagi Pengawas Kolam Renang (Lifeguard) se-DIY. Inotek. 2009. 13(2): 121-134. Di akses 12 Desember 2019 <https://journal.uny.ac.id/index.php/inotek/article/view/40/0>
13. World Health Organization. Drowning. Fact sheet N*347; 2012 diakses 12 Desember 2019 <http://www.who.int/mediacentre/fact sheets/fs347/en/> dalam Rifino dkk, 2011.
14. Kartono, M. (2005). Pertolongan Pertama. Jakarta: Gramedia Pustaka Utama.
15. Mathis, dan Jackson, 2002. Manajemen Sumber Daya Manusia, Edisi pertama, Cetakan Pertama. Yogyakarta: Salemba Empat
16. Notoatmodjo, S. 2010. Promosi Kesehatan: Teori dan Aplikasi. Jakarta: PT Rineka Cipta.
17. Choirunnisa, S, Wijasena, B, Suroto, 2016, Analisis Mitigasi Pertolongan Pertama Pada Kecelakaan di PT. X, Jurnal Kesehatan Masyarakat, vol.4, no. 2, Diakses 18 Juli 2020, <http://ejournal-sl.undip.ac.id/index.php/jkm>.
18. Zulkarnaen I. Hampir Tenggelam Dalam: NN Rahajoe, B Supriyatno, DB Setyanto, 2011.
19. Wasti Danardani (2006), Teknik Penyelamatan di Air Vol. II, No. 1, April 2006: 1 – 10,
20. Arikunto, Suharsimi. 2006. Prosedur Penelitian Suatu Pendekatan Praktik (edisi revisi VI). Jakarta: Adi Mahasatya.