

**EFEKTIVITAS PEMBELAJARAN MANDIRI AUDIO VISUAL DAN  
BOOKLET BANTUAN HIDUP DASAR (BHD) TERHADAP  
PENGETAHUAN DAN KETERAMPILAN PERAWAT DI RSUD  
WONOSARI**

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**Abstrak**

**Latar belakang:** Bantuan Hidup Dasar (BHD) merupakan kunci utama penanganan kejadian henti jantung. Hasil penelitian menyebutkan terjadinya penurunan kemampuan BHD baik aspek pengetahuan maupun keterampilan. Hal ini menjadi dasar untuk perlu dilakukan upaya mempertahankan pengetahuan dan keterampilan tersebut. Tujuan dari penelitian ini adalah mengidentifikasi efektivitas pembelajaran mandiri audio visual dan *booklet* BHD terhadap pengetahuan dan keterampilan perawat di RSUD Wonosari.

**Metodologi:** Penelitian ini menggunakan desain *quasy eksperiment* dengan pendekatan *pre-posttest with comparison two group* dengan jumlah responden 42, terdiri dari kelompok audio visual dan *booklet*. Teknik pengambilan sampel yang digunakan adalah *simple random sampling*. Instrumen penelitian ini berupa kuesioner dan lembar observasi. Uji statistik bivariat menggunakan uji *Wilcoxon* dan *Mann-Whitney*.

**Hasil penelitian:** Hasil uji penelitian dengan uji bivariat setelah intervensi terhadap pengetahuan dan keterampilan didapatkan pada kelompok audio visual signifikansi ( $p < 0,001$ ) dan pada kelompok *booklet* ( $p < 0,001$ ). Hasil uji perbedaan pengetahuan dan keterampilan antara kedua kelompok pasca intervensi didapatkan hasil signifikansi pengetahuan ( $p = 0,816$ ) dan keterampilan ( $p = 0,112$ ) artinya tidak ada perbedaan antara kelompok audio visual dan *booklet*.

**Kesimpulan:** Audio visual dan *booklet* sama-sama efektif meningkatkan pengetahuan dan keterampilan BHD.

**Kata kunci:** **audio visual, booklet, BHD, pengetahuan, keterampilan**

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# THE EFFECTIVENESS OF AUDIO VISUAL AND BOOKLET BASIC LIFE SUPPORT (BLS) INDEPENDENT LEARNING ON NURSES' KNOWLEDGE AND SKILLS IN WONOSARI RSUD

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## Abstract

**Background:** *Basic Life Support* (BLS) is the key in handling heart failure events. The results of many studies mentioned the decrease in the ability of BLS both aspects of knowledge and skills. That is why the efforts to maintain such knowledge and skills are needed. The purpose of this study is to identify the effectiveness of audio visual and BLS booklets independent learning on the nurses' knowledge and skills at Wonosari RSUD.

**Method:** This research used a quasy experimental design with a pre-posttest with a comparison of two groups approach with 42 respondents, consisting of audio visual groups and booklets groups. The sampling technique used is simple random sampling. The research instrument was in the form of questionnaires and observation sheets. The bivariate statistical test used the Wilcoxon and Mann-Whitney test.

**Result:** The results of the research test with the bivariate test after the intervention on knowledge and skills were obtained in the audio-visual group of significance ( $p < 0.001$ ) and in the booklet group ( $p < 0.001$ ). The test results of differences in knowledge and skills between the two groups after the intervention obtained the results of the significance of knowledge ( $p = 0.816$ ) and skills ( $p = 0.112$ ). It means that there is no difference between the audio visual group and the booklet.

**Conclusion:** Audio visuals and booklets are equally effective in increasing BLS knowledge and skills.

**Key words:** audio visual, booklet, BLS, knowledge, skill.

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