

BAB V. CONCLUSION AND RECOMMENDATIONS

A. Conclusion

Based on the results of the study, the following conclusions were drawn:

The majority of Youth Red Cross members at SMAN 2 Purwokerto were in middle adolescence, with a median age of 16 years (range 15–17 years). The respondents were predominantly Grade XI students, totaling 62 individuals (64.6%), and were mostly female, with 81 respondents (84.4%). Most respondents had participated in first aid training, totaling 81 individuals (84.4%), and 68 respondents (70.8%) had experience in providing first aid.

Most Youth Red Cross members demonstrated a good level of first aid knowledge, with 90 respondents (93.7%) categorized as having good knowledge. The majority of respondents showed a positive attitude toward first aid, totaling 51 respondents (53.1%). However, a considerable proportion of respondents still exhibited negative attitudes, amounting to 45 respondents (46.9%).

Regarding self-efficacy, most Youth Red Cross members were categorized as having moderate self-efficacy, with 50 respondents (52.1%), followed by those with low self-efficacy, totaling 43 respondents (44.8%). Only a small proportion of respondents demonstrated high self-efficacy, with 3 respondents (3.1%).

B. Recommendation

1. For the School

The school is expected to maintain and further enhance existing programs, such as regular training schedules and the provision of facilities for Youth Red Cross activities. Program development may be carried out by adding variations in training materials, establishing collaboration with health professionals or the Indonesian Red Cross to obtain updated knowledge, and expanding opportunities for Youth Red Cross members to participate in activities outside the school, such as advanced training and

volunteer programs. In addition, the implementation of role plays or first aid simulations within the school environment should be increased as a means of practical training. These efforts are expected to improve experience, foster positive attitudes, enhance self-efficacy, and strengthen the preparedness of Youth Red Cross members in dealing with emergency situations at school.

2. For Youth Red Cross Members

Youth Red Cross members are encouraged to actively broaden their knowledge through additional training, reading reliable information sources, and participating in activities that can enhance their first aid skills.

3. For Future Researchers

Future researchers are advised to address the limitations of this study by incorporating mixed methods, such as interviews, so that the data collection does not rely solely on self-report questionnaires. In addition, further studies may be developed in an analytical direction to examine the relationships between knowledge, attitudes, and self-efficacy with first aid skills, in order to obtain a more comprehensive understanding of the competencies of Youth Red Cross members.