

ABSTRACT

Overview of Knowledge and Skills in Hands-Only Cardiopulmonary Resuscitations (CPR) First Aid Members of The Limpakuwus Pine Forest Tourism Cooperation

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Background : Sudden cardiac arrest is an emergency condition that can happen anytime and anywhere, including tourist areas with relatively high visitor physical activity. Hands-Only Cardiopulmonary Resuscitation (CPR) is one of the first aid measures that can be performed by the general public to increase the victim's chances of survival before advanced medical assistance arrives.

Methodology : This study used a quantitative descriptive design. The study population consisted of 45 members of the Limpakuwus Pine Forest Tourism Cooperation, with a sample size of 30 respondents selected based on inclusion and exclusion criteria in November – December 2025. The research instruments were a questionnaire to measure the level of knowledge of Hands-Only CPR and an observation sheet of Hands-Only CPR skills through simulation using a manikin. Data analysis was performed univariately and presented in the form of frequency distributions and percentages.

Results : The results showed that the respondents' level of knowledge about Hands-Only CPR was mostly in the sufficient category (46.7%), followed by good (30.0%) and less (23.3%). The respondents' level of Hands-Only CPR skills was dominated by the moderately skilled category (53.3%), followed by less skilled (26.7%) and skilled (20.0%). The observation results showed that most respondents were able to perform the initial stages and activate assistance well, but there were still limitations in the technical aspects of chest compressions, such as the position of the rescuer's body, hand placement, chest recoil, and evaluation of the victim.

Conclusion : Members of the Limpakuwus Pine Forest Tourism Cooperation have basic knowledge of Hands-Only CPR, but their practical skills have not yet fully reached the optimal competency for effective CPR implementation.

Keywords: Hands-Only CPR, Knowledge, Skills, Sudden cardiac arrest, Tourism cooperation.

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ABSTRAK

Gambaran Pengetahuan dan Keterampilan Pertolongan Pertama *Hands-Only CPR* pada Anggota Koperasi Wisata Hutan Pinus Limpakuwus

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Latar Belakang : Henti jantung mendadak adalah kondisi darurat yang dapat terjadi kapan saja dan di mana saja, termasuk di kawasan wisata yang memiliki aktivitas fisik pengunjung yang relatif tinggi. Resusitasi Jantung Paru (*Hands-Only CPR*) adalah salah satu tindakan pertolongan pertama yang dapat dilakukan oleh masyarakat umum untuk meningkatkan peluang bertahan hidup korban sebelum bantuan medis lanjutan tiba.

Metode : Studi ini menggunakan desain deskriptif kuantitatif. Populasi penelitian terdiri dari 45 anggota Koperasi Pariwisata Hutan Pinus Limpakuwus, dengan ukuran sampel 30 responden yang dipilih berdasarkan kriteria inklusi dan eksklusi pada November–Desember 2025. Alat penelitian meliputi kuesioner untuk mengukur tingkat pengetahuan tentang *Hands-Only CPR* dan lembar observasi keterampilan CPR Tanpa Alat melalui simulasi menggunakan manikin. Analisis data dilakukan secara univariat dan disajikan dalam bentuk distribusi frekuensi dan persentase.

Hasil : Hasil penelitian menunjukkan bahwa tingkat pengetahuan responden tentang *Hands-Only CPR* sebagian besar berada dalam kategori memadai (46,7%), diikuti oleh baik (30,0%) dan kurang (23,3%). Tingkat keterampilan *Hands-Only CPR* responden didominasi oleh kategori keterampilan sedang (53,3%), diikuti oleh kurang terampil (26,7%) dan terampil (20,0%). Hasil observasi menunjukkan bahwa sebagian besar responden mampu melakukan tahap awal dan mengaktifkan bantuan dengan baik, namun masih terdapat keterbatasan dalam aspek teknis kompresi dada, seperti posisi tubuh penolong, penempatan tangan, rebound dada, dan evaluasi korban.

Kesimpulan : Anggota Koperasi Pariwisata Hutan Pinus Limpakuwus memiliki pengetahuan dasar tentang CPR Tanpa Alat, namun keterampilan praktis mereka belum sepenuhnya mencapai tingkat kompetensi optimal untuk pelaksanaan CPR yang efektif.

Kata Kunci : *Hands-Only CPR*, Henti Jantung Mendadak, Keterampilan, Koperasi Wisata, Pengetahuan.

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