

# Pengaruh Model Pelatihan 'Aku Sigap Bencana' terhadap Peningkatan Kesiapsiagaan Perawat dalam Menangani Kegawatdaruratan Pascagempa = The Impact of 'Aku Sigap Bencana' training model on the improvement of nurses preparedness level in responding to post earthquake emergency situation

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## Abstrak

Bencana menyebabkan kematian, kehilangan dan kesakitan meningkat. Di Indonesia pada tahun 2018 saja terdapat 5.395 jiwa meninggal dan hilang; luka 19.610 orang; penduduk yang terdampak dan mengungsi 603.873 orang. Tujuan penelitian ini untuk mengembangkan model pelatihan keperawatan yang dapat meningkatkan kesiapsiagaan menangani kegawatdaruratan pascagempa. Penelitian memakai metode riset operasional dengan dua tahap penelitian. Tahap I: pengembangan model melalui penelitian phenomenology dengan metode wawancara mendalam diikuti diskusi kelompok terfokus (FGD), studi literatur dan konsultasi pakar. Tahap II: validasi model dengan desain true eksperimental blok control alokasi. Wawancara mendalam mendapat 9 partisipan dan FGD 10 partisipan. Didapatkan Model Pelatihan 'Aku Sigap Bencana' untuk meningkatkan pengetahuan, kesiapan dan kesediaan perawat. Intervensi dilakukan selama satu bulan dengan jumlah sampel total 124 perawat. Pelatihan memakai zoom meeting serta aplikasi 'Aku Sigap Bencana' yang diunduh di Play Store. Uji T-test dan General Linear Model repeated measure membuktikan Model Pelatihan 'Aku Sigap Bencana' meningkatkan kesiapsiagaan, pengetahuan, kesiapan dan kesediaan ( $p$  value  $< 0,05$ ) dan memiliki ketahanan lebih lama ( $p$  value  $< 0,05$ ). Faktor perancu tidak mempengaruhi hasil yang didapat ( $p$  value  $> 0,05$ ). Rekomendasi Model 'Aku Sigap Bencana' dapat dipakai untuk pelatihan perawat di Pusat Kesehatan Masyarakat dan Rumah Sakit diseluruh Indonesia agar kemampuan menangani korban dan kesediaan hadir pascagempa meningkat.

.....Disasters can lead to death and loss. In 2018, Indonesia suffered 5.395 death and loss, 19.610 people were injured, and 603.873 lived in shelters. This study aimed to develop a training model to increase nurses' preparedness in responding to post-earthquake emergency situations. An operational research method used consisting of two stages. Stage I: training model development using phenomenology with interviews and then followed by focus group discussions, literature review and expert consultation. Stage II: model validation using a true experiment with allocated block design. A total of nine interview participants and ten focus group discussion was included in this study. A training model named 'Aku Sigap Bencana' developed to increase the knowledge, preparedness, and readiness of nurses. The training intervention was carried out for a month and included 124 nurses. It was delivered using zoom meeting and an application of 'Aku Sigap Bencana' that can be downloaded from the Play Store. T-test and General Linear Model repeated measure approved that 'Aku Sigap Bencana' significantly increased knowledge, preparedness, readiness and willingness of nurses ( $p$  value  $< 0,05$ ) and have longer resilience ( $p$  value  $< 0,05$ ). Confounding factors were not influence the result ( $p$  value  $> 0,05$ ). The training model 'Aku Sigap Bencana' can be used to train nurses working at primary care centres and hospitals across Indonesia to increase nurses' knowledge and willingness in responding to post-earthquake emergency situations.