PROCEEDINGS

THE 1ST YOGYAKARTA INTERNATIONAL SEMINAR ON HEALTH, PHYSICAL EDUCATION, AND SPORTS SCIENCE.

Evidence-Based Practice of Sports Science in Education, Performance, and Health.

October 14th, 2017. Eastpart Yogyakarta, Indonesia
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As the Dean of Faculty of Sport Sciences Universitas Negeri Yogyakarta, I would like to welcome and congratulate to all speakers and participants of the First Yogyakarta International Seminar on Health, Physical Education, and Sport Science (YISHPESS) 2017 entitled "Evidence-Based Practice of Sport Science in Education, Performance, and Health".

This international seminar is actually an implementation in the framework of the assessment of the achievements and sports culture in society that can support the achievements of the Indonesian people, so that there will be a significant role of practitioners, academicians, sport people, and sports observers from Universities, Institutions and Sports Organizations to help actively facilitate in the development, assessment of innovative sports science development so as to achieve sport achievements at the National and International level.

Finally, we thank all the committee of YISHPESS for their hard work in organizing this activity, and congratulate the invited speakers and all participants. Hopefully, this seminar is significant for the development of physical education, health, and sports sciences.

Dean of Faculty of Sport Sciences,
Universitas Negeri Yogyakarta

Prof. Dr. Wawan S. Suherman, M.Ed.
PREFACE

Alhamdulillahi ribilalamin, thank Allah the First Yogyakarta International Seminar on Health, Physical Education, and Sport Science (YISHPESS) has been prepared well and on time. With all humility, we welcome and congratulate the speakers and participants of Yogyakarta International Seminar on Health, Physical Education, and Sport Science (YISHPESS) organized by the Faculty of Sport Sciences, Universitas Negeri Yogyakarta.

The YISHPESS 2017 is designed to updating and applying evidence-based practice in sports science aspects, including: education, performance and health. We hope that the invited speakers of this seminar can reduce the gaps between academic and field to get best output in the daily sport and health practices.

We would like to thank to Rector and the board of Universitas Negeri Yogyakarta for supporting this seminar come true. Praise and be grateful to the Lord, so that this proceeding can be issued. Hopefully, the publication of this proceeding can bring benefits to the participants in particular and readers in general.

Yogyakarta, October 14th, 2017
Chairperson of the Committee

Dr. Mansur, M.S.
CONTENT

Preface

Content

Keynote Speaker

1. THE STRUGGLE OF JERRY LOLOWANG: A CASE STUDY OF CANCER SURVIVOR IN ACHIEVING
   Author: M. Erika Rachman
   Universitas Sebelas Maret

2. PHYSIOLOGICAL PROFILE OF MEMBERS HATHA YOGA EXERCISE
   Author: Galih Yoga Santiko
   Universitas Negeri Yogyakarta

3. THE EFFECT OF INTERACTIVE VIDEO IN TEACHING VOLLEY BALL THROUGH BASIC PASSING TECHNIQUE
   Author: Rekha Ratri Julianti
   Universitas Singaperbangsa Karawang

4. THE EFFECT OF DOMINANT PHYSICAL COMPONENTS, AND SELF-BASKET PLEEMBAN ATLET PALEMBANG TOWN SUCCESS FREE THROW
   Author: Bayu Hardiyono
   Universitas Binadarma

5. DIFFERENCES IN FUTSAL SKILL BETWEEN CLUB AND HIGH SCHOOL PLAYERS
   Author: Agus Susworo Dwi Marhaendro
   Universitas Negeri Yogyakarta

6. DEVELOPMENT OF INTEGRATED PHYSICAL EDUCATION LEARNING MODEL
   Author: Sri Winarni
   Universitas Negeri Yogyakarta

7. THE EFFECT OF BLOCK PRACTICE, SERIAL PRACTICE AND RANDOM PRACTICE TO IMPROVE BASKETBALL FUNDAMENTAL SKILL FOR BEGINNER
   Author: Riyar Pratama
   Universitas Bina Darma

8. THE DIFFERENCES OF INSTRUCTIONAL MEDIA AND COORDINATION IN LEARNING OUTCOMES OF GROUNDSTROKES TENNIS ON NOVICE LEVEL ATHLETES
   Author: Dian Pujianto
   Universitas Bengkulu

9. ANDROID BASED REFERENCE MODEL OF STUDENT’S SKILL COACHING
   Author: Endang Rini Sukamti
   Universitas Negeri Yogyakarta
10. TEACHING BADMINTON SMASH BY USING TEAM GAME TOURNAMENT (TGT) MODEL IN SMP MUHAMMADYAH KARAWANG
Author: Didik Fauzi Dermawan
Universities Singaperbangsa Karawang

11. EFFECT OF INTENSIVE AND EXTENSIVE INTERVAL METHODS AGAINST ENHANCED SPEED ENDURANCE SPRINT 400 METERS
Author: Fajar Adi Nugroho
Universitas Pendidikan Indonesia

12. THE ATTEMPT OF IMPROVING POWERFUL KICK IN SOCCER USING WEIGHT TRAINING
Author: Yuyan Dhuva Ardhiyanto
Universitas Negeri Yogyakarta

13. IMPROVING STUDENTS LEARNING ACHIEVEMENT IN RUNNING BASIC LOCOMOTION MOVEMENT THROUGH GAME AT FIFTH GRADE STUDENT OF SD NEGERI 1 SURAKARTA IN THE ACADEMIC YEAR 2013/2014
Author: Luli Pitakasari Arnenda
Universitas Sebelas Maret Surakarta

14. THE INFLUENCE OF EXERCISE ON HOW TO THROW SOFTBALL BY USING THE TARGET TOWARDS THE ACCURACY OF THROWING SOFTBALL IN BUFFALOES UNS ATHELETE IN 2012
Author: Kristanto Adi Nugroho
Universitas Sebelas Maret Surakarta

15. MANAGEMENT OF DEVELOPING SWIMMING ACHIEVEMENT IN NPC (NATIONAL PARALYMPIC COMMITTEE) OF INDONESIA
Author: Nonik Rahmawati
Universitas Sebelas Maret Surakarta

16. CORRELATION OF BODY MASS INDEX AND CARDIORESPIRATORY FITNESS TO THE RISK OF METABOLIC SYNDROME IN ADOLESCENTS
Author: Abdullah Al-Hazmy
Universitas Sebelas Maret Surakarta

17. SOLO LAST FRIDAY RIDE AS A SPORT COMMUNITY IN SOLO
Author: Rianto Ardi Nugroho
Universitas Sebelas Maret Surakarta

18. DEVELOPING SNAKE LEADERS GAME FOR LEARNING MEDIA OF PHYSICAL EDUCATION SPORT AND HEALTH TO FOURTH GRADE STUDENTS OF MADANI ELEMENTARY SCHOOL IN PALU CITY
Author: Marhadi
Universitas Tadulako
19. THE EFFECT OF PLYOMETRICS TRAINING AND ACHIEVEMENT MOTIVATION TOWARDS LEG MUSCLE EXPLOSIVE POWER OF VOLLEYBALL ATHLETES IN UNIVERSITAS NEGERI PADANG
Author: Muhamad Sazeli Rifki
Universitas Negeri Padang

20. THE PSYCHOLOGICAL CHARACTERISTICS OF INDONESIAN SEA GAMES ATHLETES IN 2017 VIEWED FROM SPORT MARTIAL ARTS AND ACCURACY
Author: Bintara
Universitas Negeri Yogyakarta

21. EXPECTATION APPRECIATION AND PUBLIC PERCEPTION TO THE PHENOMENON OF STREETWORKOUT COMMUNITY
Author: Hari Hanggoro
Universites Sebelas Maret

22. DEVELOPING OF TRADITIONAL GAMES AS NATION CULTURE THROUGH IN PHYSICAL EDUCATION LEARNING FOR ELEMENTARY SCHOOL STUDENTS
Author: Asriansyah
Universitas PGRI Palembang

23. CONTRIBUTION OF FLEXIBILITY, STRENGTH, AND BALANCE ON THE CARTWHEEL OF PKO STUDENTS CLASS 2016
Author: Ratna Budiarti
Universitas Negeri Yogyakarta

24. EFFECT SHORT-TERM AQUAROBIC EXERCISE ON DHEA-S LEVELS IN WOMEN
Author: Siti Baitul Mukarromah
Universitas Negeri Semarang,

25. PREDICTION OF THE INCIDENCE RATE OF CARDIOVASCULAR DISEASE FOR THE EMPLOYEES AND LECTURERS OF YOGYAKARTA STATE UNIVERSITY BASED ON THE POST-EXERCISE RECOVERY HEART RATE
Author: Cerika Rismayanti
Universitas Negeri Yogyakarta

26. EFFECTIVENESS OF UMAC-CPF EXERCISE MODEL ON MOTOR ABILITY OF INDONESIAN CP FOOTBALL PLAYERS
Author: Fadilah Umar
Universitas Sebelas Maret

27. DEVELOPMENT OF WEB-BASED TRACER STUDY AT THE DEPARTMENT OF SPORTS COACHING EDUCATION
Author: Subagyo Irianto
Universitas Negeri Yogyakarta
28. MOUNTAINEERING ACTIVITIES OF MERBABU AS SPORTS RECREATION SOCIETY (PHENOMENOLOGY STUDY ABOUT SOCIETY CONDUCTING ACTIVITIES OF MOUNTAINEERING IN THE MOUNT MERBABU NATIONAL PARK)
Author: Faisal Adam Rahman
Universitas Sebelas Maret

29. INCREASE VO2 MAX BADMINTON ATHLETES USE EXERCISES FOOTWORK WITH METHOD HIIT (HIGH INTENSITY INTERVAL TRAINING)
Author: Donie
Universitas Negeri Padang

30. THE EFFECT OF EXERCISE MODEL BASED ON INTERACTIVE MULTIMEDIA TO SEPAKTAKRAW SKILLS
Author: Didik Purwanto
Universitas Tadulako

31. SOCCER TRAINING MODEL IN YOUTH ATHLETE BASED ON THE LONG-TERM ATHLETE DEVELOPMENT (LTAD)
Author: Komarudin
Universitas Negeri Yogyakarta

32. LEARNING RESULTS IMPROVEMENT OF FOREARM PASSING RESULTS OF VOLLEYBALL GAME THROUGH DRILL METHODS ON STUDENTS XLIPS.1 IN PUBLIC SENIOR HIGH SCHOOL I TELAGASARI KARAWANG
Author: Akhmad Dimyati
UNSIKA

33. PHYSICAL EDUCATION AND SPORT IN SCHOOLS: APPLICATION SOCCER LIKE GAMES
Author: Mochamad Ridwan
Universitas Negeri Surabaya

34. THE DIFFERENCES OF PHYSICAL FITNESS LEVELS BETWEEN POOR AND EXCESSIVE NUTRITIONAL STATUS
Author: Sepriadi
Universitas Negeri Padang

35. THE STUDY OF KNOWLEDGE ABOUT FIRST AID (P3K) AND BASIC LIFE SUPPORT PRINCIPLES IN YOGYAKARTA COMMUNITY
Author: Eka Novita Indra
Universitas Negeri Yogyakarta

36. THE INFLUENCE OF TEACHING STYLE AND MOTOR ABILITY ON THE BOTTOM PASSING LEARNING OUTCOMES IN THE VOLLEYBALL
Author: Ahmad Muchlisin Natas Pasaribu
Universitas Muhammadiyah Tangerang
37. EFFECTIVENESS OF SHOOTING TRAINING MODEL FEBI FUTSAL GAMES ON THE IMPROVEMENT OF SHOOTING RESULT ON FUTSAL SPORTS FOR BEGIN PLAYER
Author: Febi Kurniawan
Universitas Singaperbangsa

38. DIFFERENCES OF LEARNING ACHIEVEMENTS INTERGRADE AND GENERAL CLASS SPORT CLASS BASED ON LEVEL EDUCATION OF PARENTS IN CLASS VII SMP N 4 PURBALINGGA
Author: Audi Akid Hibatullah
Universitas Negeri Yogyakarta

39. LEARNING MODELS OF PHYSICAL ACTIVITY BASED ON MOTOR PERCEPTION KINDERGARTEN STUDENT
Author: B.Suhartini
Universitas Negeri Yogyakarta

40. DESIGN OF MEASURABLE SPORTS CLUB IN ELEMENTARY SCHOOL IN BALI PROVINCE
Author: Suratmin
Universitas Pendidikan Ganesha

41. ANALYSIS OF PHYSICAL CONDITION OF SOCCER ATHLETE'S PORDA OF BEKASI CITY
Author: Apta Mylsidayu
Universitas Islam 45 Bekasi

42. HEALTH AND HEALTHY LIFESTYLE ENHANCEMENT THROUGH SPORT AND PHYSICAL EDUCATION CREATIVE APPROACH
Author: Wing Prasetya Kurniawan
Universitas Nusantara PGRI Kediri

43. THE EFFECTS OF PHYSICAL EXERCISE THROUGH GAME-MODEL AND CIRCUIT-MODEL EXERCISES APPROACH ON THE MAXIMUM AEROBIC CAPACITY
Author: Umar
Universitas Negeri Padang

44. DIFFERENCES INFLUENCE OF INTERVAL DRILL EXERCISE BETWEEN ACTIVE AND PASSIVE ON SKILLS OF ATHLETE AT THE AGE OF CHILDREN
Author: Hariyuda Anggriawan
Universitas Sebelas Maret

45. EXERCISE FOR CHILDREN WITH AUTISM SPECTRUM DISORDERS
Author: Anita Suryani
Universitas Indonesia
46. THE EFFECT OF KICKING SPEED, STRENGTH AND LEG MUSCLE EXPLOSIVE POWER ON THE ABILITY OF DOLLYO CHAGI OF TAEKWONDO DOJANG ATHLETE
Author: Nurul Ihsan
Universitas Negeri Padang

47. CORRELATION BETWEEN PROTEIN INTAKE WITH MUSCLE STRENGTH OF ATHLETES
Author: Wilda Welis
Universitas Negeri Padang

48. DEVELOPMENT OF MONITORING BOOKS FOR SWIMMING
Author: Nur Indah Pangastuti
Universitas Negeri Yogyakarta

49. THE DIFFERENCE IN THE EFFECTS OF BIRTH TYPES ON THE MOTOR SKILLS OF CHILDREN AT AN EARLY AGE
Author: Panggung Sutapa
Universitas Negeri Yogyakarta

50. THE EFFECT OF SUPPLEMENT SOYBEAN MILK AND WHEY PROTEIN IN LOAD EXERCISE TOWARD THE INCREASING HYPERTROPHY OF THIGH MUSCLES
Author: Khairuddin
Universitas Negeri Padang

51. PHYSICAL ACTIVITY OF CHILDREN IN DIENG PLATEAU BANJARNEGARA REGENCY (PHENOMENOLOGICAL STUDIES FROM THE VIEWPOINT OF SPORTS VALUES)
Author: Dody Tri Iwandana
Universitas Sebelas Maret

52. PICTURE MEDIA DEVELOPMENT FOR PENCAK SILAT LEARNING IN HIGH SCHOOLS
Author: Nur Rohmah M., M.Pd
Universitas Negeri Yogyakarta

53. THE EFFECT OF IMAGERY ON BEGINNER TENNIS PLAYERS' FOREHAND DRIVE SKILL
Author: Risti Nurfadhila
Universitas Negeri Yogyakarta
54. THE EFFECT OF HONEY SUPPLEMENTATION BEFORE PHYSICAL ACTIVITY TOWARDS THE PLASMA MALONDIALDEHYDE LEVEL IN MALE WISTAR RATS (RATTUS NORVEGICUS)
Author: Krisnanda DA
Universitas Negeri Yogyakarta

55. THE LEARNING RESULT OF FOOTBALL BASIC TECHNIQUE SKILL
Author: Arsil
Universitas Negeri Padang

56. BREAKING THE CHAIN OF "KLITIH" THROUGH CHARACTER EDUCATION IN PHYSICAL EDUCATION
Author: Pasca Tri Kaloka
Universitas Negeri Yogyakarta

57. PHYSICAL EDUCATION LEARNING THROUGH TRADITIONAL GAMES TO IMPROVE COOPERATION AND RESPONSIBILITY AT ELEMENTARY SCHOOL
Author: Ranintya Meikahani
Universitas Negeri Yogyakarta

58. MODEL DEVELOPMENT BASIC Dribbling FOOTBALL-BASED TRAINING TECHNIQUES FOR BEGINNING ATHLETES AGED 8-12 YEARS
Author: Ahmad Atiq
Universitas Tanjungpura Pontianak

59. THE MODEL OF GAMES TO DEVELOP FUNDAMENTAL MOVEMENT OF KINDERGARTEN STUDENTS
Author: Uray Gustian
Universitas Tanjungpura

60. DEVELOPMENT OF MEDIA-BASED TRAINING 3GS (TRIPLE GAME SET); MONOPOLY, SNAKES LADDERS AND FENCING PUZZLE FOR CHARACTER EDUCATION EFFORTS IN BEGINNER ATHLETES
Author: Faidullah Kurniawan
Universitas Negeri Yogyakarta

61. STUDENT’S PERCEPTION TOWARDS INTEGRATED LEARNING METHOD USING VIRTUAL MICROSCOPE IN HISTOLOGY COURSE
Author: RL Ambardini
Universitas Negeri Yogyakarta
<table>
<thead>
<tr>
<th>Article</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>62. THE DEVELOPMENT OF TOPURAK (TOTOK-PUKUL-GERAK) MANIPULATION MODEL FOR KNEE JOINT REPOSITION</td>
<td>504</td>
</tr>
<tr>
<td>Author: BM. Waru Kushartanti Universitas Negeri Yogyakarta</td>
<td></td>
</tr>
<tr>
<td>63. THE EFFECTIVENESS OF TRAINING GUIDED IMAGERY IN LOWERING ANXIETY ON ATHLETES</td>
<td>511</td>
</tr>
<tr>
<td>Author: Donie Universitas Negeri Padang</td>
<td></td>
</tr>
<tr>
<td>64. EFFECT OF FRESH COW MILK AND PASTEURIZATION MILK TOWARD GLUCOSE IN SOCCER PLAYERS ACCOMPANIED BY PHYSICAL ACTIVITY</td>
<td>517</td>
</tr>
<tr>
<td>Author: Rini Syafriani Institut Teknologi Bandung</td>
<td></td>
</tr>
<tr>
<td>65. THE CONTRIBUTION OF LEG MUSCLE STRENGTH AND DYNAMIC BALANCE TOWARDS THE ABILITY OF DOLLYO CHAGI KICK</td>
<td>524</td>
</tr>
<tr>
<td>Author: Yogi Setiawan Universitas Negeri Padang</td>
<td></td>
</tr>
<tr>
<td>66. LAY UP SHOOT SKILL OF FIK UNP STUDENTS (EXPERIMENTAL STUDY OF TEACHING METHOD AND LEARNING MOTIVATION TOWARD LAY UP SHOOT SKILL OF FIK UNP STUDENTS)</td>
<td>529</td>
</tr>
<tr>
<td>Author: Hendri Neldi Universitas Negeri Padang</td>
<td></td>
</tr>
<tr>
<td>67. THE EFFECT OF PRACTICE AND GAME LEARNING APPROACH ON THE CHEST PASS LEARNING ACHIEVEMENT ON EXTRACURRICULAR BASKET BALL PLAYING</td>
<td>536</td>
</tr>
<tr>
<td>Author: Puthut Endiarto Universitas Sebelas Maret</td>
<td></td>
</tr>
<tr>
<td>68. THE INFLUENCE OF CIRCUIT TRAINING METHOD ON THE ENHANCEMENT OF PHYSICAL FITNESS OF SPORTS EDUCATION DEPARTMENT STUDENTS</td>
<td>541</td>
</tr>
<tr>
<td>Author: Sefri Hardiansyah Universitas Negeri Padang</td>
<td></td>
</tr>
<tr>
<td>69. EFFECT OF PHYSICAL ACTIVITY ON OXIDATIVE STRESS: A REVIEW OF IMPACT AND IMPLICATION AFTER TRAINING</td>
<td>548</td>
</tr>
<tr>
<td>Author: Wildan Alfia Nugroho Universitas Sebelas Maret</td>
<td></td>
</tr>
<tr>
<td>70. SPORT DEVELOPMENT INDEX IN SEVERAL CITIES/REGENCIES IN JAVA ISLAND: A REVIEW OF BENEFITS AND OUTCOME</td>
<td>554</td>
</tr>
<tr>
<td>Author: Boy Sembaba Tarigan Universitas Sebelas Maret</td>
<td></td>
</tr>
</tbody>
</table>
71. THE EFFECT OF MANIPULATION TRAINING COMPLEX TO MAXIMUM STRENGTH
Author: Mansur
Universitas Negeri Yogyakarta

72. MANAGEMENT OF FACILITIES SPECIAL CLASS OF SPORT (KKO) IN SMA NEGERI 4 YOGYAKARTA
Author: Tri Aini Hastuti
Universitas Negeri Yogyakarta

73. DEVELOPMENT OF LEARNING ATHLETIC LEARNING MODELS RELEASE DIRECTLY BASED GAMES IN ELEMENTARY SCHOOL
Author: Hartati
Universitas Sriwijaya

74. THE EFFECT OF COOPERATIVE LEARNING MODEL OF TEAM GAMES TOURNAMENT ON LAY UP SHOOT TOWARDS THE LEARNING OUTCOMES (EXPERIMENTAL STUDY) ON BASKETBALL SMP NEGERI KARAWANG
Author: Rahmat Iqbal
Universitas Singaperbangsa Karawang

75. THE EFFECTS OF PRACTICE METHOD AND ACHIEVEMENT MOTIVATION ON MAXIMUM VOLUME OXYGEN OF FOOTBALL PLAYERS
Author: Didin Tohidin
Universitas Negeri Padang

76. THE EFFECT OF PROTEIN SUPPLEMENT ON MAXIMUM STRENGTH TOWARD THE MEMBERS OF ONE GYM FITNESS CENTER PADANG
Author: Adnan Fardi
Universitas Negeri Padang

77. THE EFFECT OF PACITAN SWEET ORANGE JUICE TO MALONDIALDEHYDE LEVEL (MDA) AFTER ECCENTRIC ACTIVITY
Author: Indra H.S
Universitas Negeri Surabaya

78. COMMUNITY INTERESTS FOLLOWING TRADITIONAL SPORT ACTIVITIES IN CARI FREE DAY ACTIVITIES
Author: Mia Kusumawati
Universitas Islam" 45" Bekasi

79. THE EFFECT OF TWO ACTIVE RECOVERIES IN REDUCING LACTIC ACID OF BADMINTON ATHLETES
Author: Ainur Rasyid
PGRI Sumenep

80. THE EFFECT OF AEROBIC DANCE AND CYCLING ON THE PSYCHOLOGICAL WELL-BEING OF TEENAGERS
Author: Rizki Kurniati
Universitas Pembinaan Masyarakat Medan
81. SURVEY OF THE LEISURE TIME ACTIVITIES OF THE STUDENTS OF FACULTY OF SPORTS SCIENCE, UNIVERSITAS NEGERI YOGYAKARTA
Author: Dapan
Universitas Negeri Yogyakarta

82. ANTROPOMETRY AND PHYSICAL FITNESS FACTORS DETERMINANT Dribbling AND PASSING FUTSAL ABILITY OF STUDENT EXTRACURRICULAR AGED 12-15 YEARS
Author: Nizamuddin Nur Ramadaniawan
Universitas Sebelas Maret

83. MULTI STATION REBOUNDER TOOL DEVELOPMENT AS A GUIDE FOR TRAINING INSTRUMENT BASED ON INDEPENDENT FOOTBALL
Author: Santoso Nurhadi
Universitas Negeri Yogyakarta

84. DEVELOPMENT OF TOOL DETECTOR LJDOK-SDH FOR LONG JUMP AS A MEDIA FOR BASIC MOTOR OF TRACK AND FIELD LEARNING BASED ON SENSOR
Author: Sriawan
Universitas Negeri Yogyakarta
THE STUDY OF KNOWLEDGE ABOUT FIRST AID (P3K) AND BASIC LIFE SUPPORT PRINCIPLES IN YOGYAKARTA COMMUNITY

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Abstract

Objectives: We quite often faced a condition where we are dealing with someone who had an accident or disruption in the physical conditions that are sudden and unexpected. The victim needs first aid should be done as early as possible or even basic life support should be given to reducing and eliminating the risk of injury, disability, or even death. Basic life support is part of first aid (known as P3K). This research aim is to know and predict social phenomena that occur in the community related their knowledge about first aid and basic life support.

Methods: This is a survey research conducted by quantitative methods; data collection techniques conducted by survey method with the research instrument in the form of a questionnaire which consist of 32 questions. Respondents are 235 members of the public, taken by area probability sampling method, with minimal age 17 years old, not the medical personnel. Who are then given a questionnaire to assess knowledge about first aid (P3K) and Basic Life Support principles. Respondents were from five existing city district in the Yogyakarta province (Yogyakarta city, Sleman, Bantul, Gunungkidul, and Kulonprogo), with their diversity in gender, age, occupation, and educational level. Data presented descriptively in the form of percentage.

Results: The results showed that the overall average scores obtained by respondents are 74.7 points, thus can be assumed that majority of respondents knowledge about first aid and basic life support quite good. Whereas when grouped by category: 51.49% of respondents included in good category, 44.68% included in the fair category, and the rest is just 3.83% of the respondents have a score that is included in the poor category.

Conclusions: In brief, we present a social fact that majority of Yogyakarta society have well knowledge about first aid and basic life support.

Keywords: Knowledge, First aid, Basic life support.

Introduction

High or low numbers of mortality in a country is an indicator of health care services quality and public knowledge and awareness level to health. Although many health problems associated with chronic and degenerative diseases, we often encounter the occurrence of sudden health disorders of a person, it could be that it appears as a trigger factor, but sometimes occur due to accidents. Accidents can happen anywhere and at any time, in the workplace, the highway, even though inside the house that many people assume as the safest place. Statistics show the death victims caused by accidents is still high. Based on World Health Organization (WHO) data, the number of deaths due to accidents on 2014, Indonesia became the country with the highest number of deaths due to accidents in the world. "in fact, based on WHO data, Indonesia reached the fifth most casualties due to accident after China, India, Nigeria and Brazil" (M. Luthfi Andika, 2014).

Oftentimes we encounter a case of death due to mismanagement when providing first aid, first aid for someone who has physical disorders either due to certain diseases or accidents should be dealt with not only fast, but also appropriate. Unfortunately, not many ordinary people have knowledge about how to help people, and even some of them do not consider it is useful and important. So thus, when a person faces a patient with specific illness condition, they do not know what to do? It may just be silent, seek help, or even provide assistance with equipment and relief mechanisms that are not necessarily true. If that happens, then there will be more possibilities that patients will experience more traumatic conditions or even increase the risk of injury and death as the worst.

First aid (P3K) is an attempt to provide first aid to a person who has an accident, injury, or experiencing a disruption to physical health prior to the intensive care of a paramedic or other
competent health worker. Before giving help, it's good to firstly know the specific things related to the victim's self, it is very useful and helpful to determine the next steps of rescue.

Basic life support (BLS) is an action to provide basic life support as soon as possible and aims to restore the respiratory and/or circulatory function of a person with breathing problem or cardiac arrest. As we know that basic requirements for life, the well condition of circulatory function and good breathing function. If both systems are interrupted, will be able to cause cardiac arrest and stop breathing that can lead to the death of a person. Based on the background that have been mentioned above, the focus of the problem that formulated in this research is: the level of society knowledge, especially in Yogyakarta about first aid (P3K) and basic life support.

The research purpose is to know the society knowledge level about basic first aid and basic life support principles. The results of this study provide benefits, including: Provide an overview of community knowledge related to First Aid and basic life support. And hopefully, it could be one of the basic considerations for the relevant institutions, as the basis for the preparation and implementation of public health training programs in Yogyakarta.

Methods

Research method is basically a scientific way to get data with a specific purpose and usefulness (Sugiyono, 2011: 2). This research type conducted as quantitative research using survey method. Survey method or completely known as self-administered survey is the primary data collection method by providing questions to individual respondents. So it can be concluded that the survey is a method to collect information from groups representing a population. Meanwhile, Survey sampling means survey activity using sampling, means that not all units of population are observed one by one and analyzed, nevertheless partially which represented by the sample. The sampling process used is probability sampling method. People who became subjects in the research furtherly called respondents. The respondents of this study are the general population living in Yogyakarta. The research respondents consisted of 235 people from all of the city districts in Special Region of Yogyakarta Province (five districts). The method to collecting research data is by observation. For that purposes, specific instruments are needed, including: Respondents data form and first aid (P3K) and basic life support Questionnaire.

Data collection process performed based on the following stages of implementation: firstly, to determine the research respondents, then respondents were given an explanation of the purpose and the use of research. After that, respondents fill out the data form of identity provided. Lastly, respondents answered the questions in the questionnaire related first aid and basic life support principles. After research data obtained, and then performed processing and analysis of research data. Data obtained from this research are: Respondent identity and respondent characteristics data. Data on knowledge level of first aid principles and basic life support. The analytical technique used to process the data of the research is observational statistical analysis that presented quantitatively (percentage). The results of the scores obtained from the respondents' questionnaire, then analyzed and grouped into three categories, namely:

a. Good, if respondents get score 76% -100% of all questions
b. Fair, if respondent get score 56% -75% of all questions
c. Bad, if respondent get a score 40% -55% of all questions
(Arikunto, 2010)

Results

A study aimed to knowing knowledge level of First aid (P3K) Principles and basic life support. The researcher does not impose limits or special criteria except age limits assuming that accidents or unforeseen circumstances causing harm or injury can occur anytime and anywhere. Whereas, the minimum age restriction is intended to determine the ability to provide help, and the responsibilities that are already attached to a certain age limit. The research data was collected by five students as research assistant in the field, who had previously coordinated and given supervision related to the purpose and stages of the implementation process that must be done.
Respondents Characteristics

Research respondents are 235 people who live in Yogyakarta special regions province. The research data is taken incidentally by considering the diversity of residence, age, gender, occupation, and recent education in between August -- September 2016. Based on sex differentiation, the respondents' which totally 235 people are consisted of 116 (49.36%) men and 119 (50.64%) women. The number between is not entirely precise, because when taking the data done randomly.

Distribution of respondents by residence, divide into five groups based on the existing District in the Special Region of Yogyakarta. Although not in the same amount, but expected to make the representation of each district. Distribution of respondents can be seen in the following table:

<table>
<thead>
<tr>
<th>Districts</th>
<th>Kulon Progo</th>
<th>Gunung Kidul</th>
<th>Bantul</th>
<th>Sleman</th>
<th>Kota Yogyakarta</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Respondents</td>
<td>21</td>
<td>15</td>
<td>49</td>
<td>87</td>
<td>62</td>
</tr>
<tr>
<td>Percentage</td>
<td>8.94</td>
<td>6.4</td>
<td>20.85</td>
<td>37</td>
<td>26.4</td>
</tr>
</tbody>
</table>

Based on the table of respondents' distribution, it is clearly seen that the majority respondents came from Sleman Regency (37%), while Gunung Kidul Regency experience the lowest (6.4%). Thus easily captivated by the pie chart below,

**Respondent Quantity**

- Kulon Progo
- Gunung Kidul
- Bantul
- Sleman
- Yogyakarta City

Distribution of respondents by age are grouped by five categories, the following table presents data on the age distribution of the respondents:

<table>
<thead>
<tr>
<th>Age categories</th>
<th>&lt;20 year</th>
<th>21-30 year</th>
<th>31-40 year</th>
<th>41-50 year</th>
<th>&gt;50 year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Respondent</td>
<td>72</td>
<td>83</td>
<td>26</td>
<td>35</td>
<td>18</td>
</tr>
<tr>
<td>Percentage (%)</td>
<td>30.64</td>
<td>35.32</td>
<td>11.10</td>
<td>14.9</td>
<td>7.66</td>
</tr>
</tbody>
</table>

It is shows that most respondents come from the age range category 21-30 years (35.32%), the lowest are respondents in the age group >50 years as much as 7.66%.
Respondents have different occupation, as illustrated in the table below:

**Table 3. Respondent occupation distribution**

<table>
<thead>
<tr>
<th>Occupation</th>
<th>Government employees</th>
<th>Enterpriser</th>
<th>Housewife</th>
<th>Labourer</th>
<th>Student</th>
<th>Unemployment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Respondent</td>
<td>27</td>
<td>57</td>
<td>22</td>
<td>13</td>
<td>108</td>
<td>8</td>
</tr>
<tr>
<td>Percentage</td>
<td>11.5</td>
<td>24.3</td>
<td>9.3</td>
<td>5.5</td>
<td>46</td>
<td>3.4</td>
</tr>
</tbody>
</table>

The table shows the diversity of respondents' proportion. Based on the data it appears that the highest percentage comes from the students that is equal to 46% (108 person) while only a small part of the respondents who come from the group that is not working/unemployment counted by 3.4% (eight person). As seen in the chart bellow:

**Distribution of respondents based on recent education or the last education is also the researcher's point of view need to be known, because one factor that are very influential on the level of one's knowledge would be greatly influenced by educational level. It is summarized in the following table and pie chart:**

**Table 4. Respondent education levels distribution**

<table>
<thead>
<tr>
<th>Last Educational Level</th>
<th>Elementary school</th>
<th>Junior high school</th>
<th>Senior high school</th>
<th>DIPLOMA</th>
<th>Bachelor</th>
<th>Not specify</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Respondent</td>
<td>4</td>
<td>22</td>
<td>128</td>
<td>11</td>
<td>50</td>
<td>20</td>
</tr>
<tr>
<td>Percentage (%)</td>
<td>1.71</td>
<td>9.4</td>
<td>54.5</td>
<td>4.68</td>
<td>21.3</td>
<td>8.41</td>
</tr>
</tbody>
</table>
Level of Knowledge on First Aid and Basic Life Support Principles in Yogyakarta Community

The data research is discrete data which considered as nominal data, it is because each category has its own character and separated, or having no relation with other category. Based on the questionnaire given to the respondents with the total score 100 (if the answer is 100 percent true), obtained statistical data as follows:

<table>
<thead>
<tr>
<th>Table 5. Respondent score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimum Score</td>
</tr>
<tr>
<td>34</td>
</tr>
</tbody>
</table>

The table provides information about the lowest score obtained from all respondents is 34 points with a highest score is 94 points. The average value of the respondent's answer is 74.7 points, while the middle value is 78. The standard deviation of the questionnaire is 8.92. As clearly seen on the chart bellow:

Based on scores obtained from the questionnaires given to the respondents, then grouped by three categories namely poor, fair, and good. The respondents obtained the following results:

<table>
<thead>
<tr>
<th>Table 6. Score Categories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Categories</td>
</tr>
<tr>
<td>Good category (76-100)</td>
</tr>
<tr>
<td>Fair category (56-75)</td>
</tr>
<tr>
<td>Poor Category (40-55)</td>
</tr>
<tr>
<td>Jumlah</td>
</tr>
</tbody>
</table>

The table shows that most of the respondents have knowledge that included into good category, and only a few are included in the poor category. To make easier to identify the ratio comparison, it is depicted in the bar chart below.
Sometimes socio-economic and gender differences affect the level of knowledge, attitude, and behavior. Based on the scores of respondents in the study of how knowledge of first aid and basic life support principles in the community shows the difference scores between men and women. However, the difference is not too prominent, which is seen from the difference in the average score is only 1.09 points. Acquisition of statistics based on respondent sex differentiation can be seen in the following tables and diagrams.

**Table 7. Respondent score distribution**

<table>
<thead>
<tr>
<th>Gender</th>
<th>Total score</th>
<th>Minimal score</th>
<th>Maximal score</th>
<th>Mean</th>
<th>Median</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>7930</td>
<td>34</td>
<td>94</td>
<td>74.11</td>
<td>75</td>
</tr>
<tr>
<td>Female</td>
<td>8723.5</td>
<td>50</td>
<td>91</td>
<td>75.2</td>
<td>78</td>
</tr>
</tbody>
</table>

From the diagram, can be seen the most interesting fact is that the male respondent experienced the highest score either the lowest. The maximal score achieved by female respondents is only three points lower compared to male respondent, nevertheless, the smallest score achieved by female respondent is higher sixteen point than male.

**Discussion**

Knowledge and attitude is one's response to Stimulus (Covert behavior), acts (behavior) someone in response to stimulus is an over behavior one's actions (practice) a person is not based on knowledge and attitude. Knowledge is the result that occurs after the senses through seeing, hearing, smelling and feeling. Knowledge or conguitive is a very important dominant for the formation of a person's actions (covert behavior). In another sense, knowledge is the various human phenomena to encounter and acquires through the observation and analysing. Knowledge arises when a person use the senses to recognize a thing that event has never been seen or felt before.

There are two main types of knowledge viewed from the subject of explicitness: (1) Implicit Knowledge, implicit knowledge is knowledge that is still embedded in the form of one's experience and contains non-tangible factors such as personal beliefs, perspectives, and principles. A person's silent knowledge is usually difficult to transfer to others either in writing or orally. The ability to
speaking, designing, or operating a complicated machine or tool that requires knowledge that is not always explicitly visible, nor is it so easy to transmit it explicitly to others. A person with implicit knowledge usually does not realize that actually has it and how it can benefit others. To get it, it takes learning and skill, but not necessarily in written forms. Implicit knowledge often contains habits and cultures that we do not even realize. (2) Explicit Knowledge, Explicit Knowledge is knowledge that has been documented or stored in the form of a media or the like. It has been articulated into formal language and can be relatively easily disseminated widely. Information stored in the encyclopedia (including Wikipedia) is a great example of explicit knowledge. Knowledge can also be provided audio-visual. The work of art and product design can also be viewed as a form of explicit knowledge which is the externalization of human skills, motives and knowledge.

Knowledge and attitude is one’s response to stimuli and accepted by the human senses, also defined as a phenomenon encountered and obtained by human sense observation. Knowledge arises when a person uses the sense to recognize a thing or event that has never been seen or felt before. A person's knowledge is influenced by several factors, including: formal and non-formal education, information from mass media, socio-cultural and economic, environmental, experience, and age. A person's knowledge of an object also contains two aspects: positive and negative aspects. These two aspects will ultimately determine a person's attitude toward a particular object. The more positive aspects of a known object, the more positive the attitude toward the object will grow.

Information that encountered in everyday life, derived from data and observations of the world around us and transmitted through communication. A person can increase knowledge even if he does not do it, because he observes the habits of others around. The economic status of a person will also determine the availability of a necessary facility for a particular activity, so that this socioeconomic status will affect one's knowledge. The environment affects the process of knowledge entrance into the individuals residing within the environment. This happens because the interaction of reciprocity that will be responded as knowledge by each individual. Age is very influential, increasingly aged will also develop the ability to catch and the mindset, so that knowledge gained better.

A person's level of knowledge will then lead to attitudes and behavior patterns, as expressed by H. Abu Ahmadi (1999: 171) which states that a person’s attitude is not only shaped by internal factors, but also strongly influenced by external factors, which are the result of both, communication and social interaction. A person’s motivation to have specific knowledge is also driven by need. Knowledge of health and safety is considered important, because one's primary need is to live healthy. Knowledge aims to supports and guided how to behave when there are families members become victims of accidents or health problems suddenly. Because bad things happen beyond prediction so we must not only have knowledge, but also be able to apply practically the skills we have.

Males have a higher risk of mortality from unintentional injury than females at all ages below 20 years, apart from the under 1-year olds in low and middle income countries, and for all injury types except fire-related deaths, also in low and middle income countries (WHO, 2008). It is very different from research data showing that the highest score is obtained by males, who should go hand in hand with the ability to eliminate the occurrence of injuries.

As mentioned by Lotte Newman (2009) there are many types of injuries including: Animal bites, Asthma attack, Bone, joint and muscle injuries, foreign bodies in the eye, Head injuries, Insect stings, and Burns. Those injuries are commonly happened in children as consequences of the abundance physical activity undertaken in an attempt to improve the skills and movement experience. The most commonly reported activities contributing to injuries were play, sport, and transport (Lina Gyllencreutz, Ewa R., and Britt IS, 2013). Narrowly in sport it self, The ICECI (International Classification of External Causes of Injury) define a ‘sports injury event’ as ‘any incident taking place while participating in sports and exercise-related activities and resulting in injury’ and define ‘sports and exercise’ as ‘physical activity with a described functional purpose, for example, competition, practicing for competition, improving physical health’ (WHO–ICECI, 2004)
Therefore, it is a must for people to mastering basic first aid skills. First aid (P3K) is an attempt to provide first help to a person who has an accident, injury, or is experiencing a disruption to physical health prior to the intensive care of a paramedic or other competent health worker. At the time before giving help, it is better to firstly know the specific things related to the victim's self, which is very useful and helps to determine the next steps of rescue.

For instance, as soon as possible after an injury, such as a knee or ankle sprain, the very first to do is to relieve pain and swelling and promote healing and flexibility with RICE - Rest, Ice, Compression, and Elevation. (1) Rest. Rest and protect the injured or sore area. Immobility, or take a break from any activity that may be causing your pain or soreness. (2) Ice. Cold will reduce pain and swelling. Apply an ice or cold pack right away to prevent or minimize swelling. Apply the ice or cold pack for 10 to 20 minutes, 3 or more times a day. After 48 to 72 hours, if swelling is gone, apply heat to the area that hurts. Do not apply ice or heat directly to the skin. Place a towel over the cold or heat pack before applying it to the skin. (3) Compression. Compression, wrapping the injured or sore area with an elastic bandage (such as an Ace wrap), will help decrease swelling. Not to wrap it too tightly because this can cause more swelling below the affected area. Loosen the bandage if it gets too tight. Signs that the bandage is too tight include numbness, tingling, increased pain, coolness, or swelling in the area below the bandage. Talk to doctor if need to use a wrap for longer than 48 to 72 hours; a more serious problem may be present. (4) Elevation. Elevate the injured or sore area on pillows while applying ice and anytime you are sitting or lying down. Try to keep the area at or above the level of your heart to help minimize swelling (NN, 2013).

Basic life support (BLS) is a handling measure to provide basic life support as soon as possible and aims to restore the respiratory and/or circulatory function of a person with cardiac arrest. Because of the basic requirements for life is the good function of blood circulation and respiratory system. The purpose of First Aid is generally devised in two, as the following: (1) Saving lives or preventing death: by doing observation and eliminating the conditions and circumstances that threaten the victim, carry out Cardiopulmonary Resuscitation (CPR) if necessary; Seek and deal with bleeding to prevent more severe disabilities (prevent worsening conditions). Conduct diagnosis to handling the victim with priority. Pay attention to hidden conditions or diseases. (2) Supporting healing process: Reduce pain and fearness. Prevent infection. Devise a medical help and victim transportation appropriately.

The purpose of providing basic life support is to maintain adequate ventilation and circulation until means can be obtained to alter the cause of the physical disorder (Handley, 1997). In addition, basic life support also aims for effective emergency oxygenation of vital organs such as brain and heart. If both systems are interrupted will be able to cause cardiac arrest and stop breathing that can lead to someone's death. Based on the data obtained from this study, it is known that the number of deaths due to accidents or mismanagement is not due to the ignorance of the community about the principles of first aid in accidents and basic life support theories. The assumption is built on the fact that the score of the questionnaire shows the level of community knowledge of it, is mostly in the good category reached by 121 respondents from a total of 235 respondents or 51.49%. Only 3.83% of respondents are included in the poor category (9 people).

The empirical data indicate a relatively controversial fact as based on previous observations and data, showing the number of deaths from accidents in the 6th (1990) and 9th (2013) ranks of the biggest cause of death in Indonesia (Reny. YA, 2014). Although the number is decreased, nevertheless it still is being a scourge in the community. It is important for government and related institutions, and all stakeholders to conduct a study related to these issues. From the discussion, researcher extending suggestions are: For the community in general, to capably utilize the knowledge that is owned practically, and to applied in everyday life. Because sometimes the knowledge is only limited to the level of theory alone, however, less implementations. For the competent academicians and experts, it is expected to continuously provide additional knowledge and train the community in general, and not only stop to the level of "knowing", but should provide guidance or assistance to the community related to implementation in the field. For relevant institutions as policy makers, in order to well
facilitate the needs of the community, including the ease to use public facilities and social facilities, and implement an effective and efficient administrative process.

Conclusions
Based on the result of the research, it can be concluded that the knowledge of first aid principles on accident (P3K) and basic life support (BLS) in Yogyakarta society generally included in good category.

Acknowledgment
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References