

Emergency First Aid Simulation for Drowning: Building Community Self-Reliance in the Sumber Jiput Tourist Area

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ABSTRACT

Drowning is an emergency that is a major cause of unintentional death, especially in children and communities living in water areas. The community's lack of knowledge and skills in recognizing risks and providing first aid in drowning incidents contributes to high morbidity and mortality rates. Drowning emergency education is an important promotive and preventive effort to increase community preparedness in facing such emergencies. This Community Nursing Program aims to assist the member in the Sumber Jiput water tourism area in practicing handling and providing first aid to drowning victims. The method used Health Education on handling and providing first aid to drowning victims. This Community Service Program was carried out at the Sumber Jiput water tourism area on Sunday, January 25, 2026, for 32 teenagers and tourism awareness group who are members of the community in the Sumber Jiput water area. After being given education about handling and first aid for drowning victims, an evaluation was carried out by asking questions to the participants. Increased knowledge was known when they were able to answer questions after the counseling activity_Their knowledge improvement was evident when they were able to answer questions after the counseling session. They were able to correctly explain drowning situations, the steps to take when encountering a drowning victim, and how to call for help. Furthermore, they were able to generally practice the steps in providing first aid to a drowning victim.

Keywords : Drowning, First Aid, Knowledge and Skills

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INTRODUCTION

Drowning is an environmental emergency that can cause acute respiratory distress, hypoxia, and even death if not treated promptly and appropriately. Drowning often occurs suddenly and requires prompt and correct first aid before the victim receives further medical assistance. This makes drowning a health problem that requires special attention, particularly in the context of prevention and initial treatment in the community Purwadianto, A. and Sampurna, B. (2013), Alexander, et all (2020).

As an archipelagic country, Indonesia has numerous water areas such as beaches, rivers, and lakes, which increase the risk of drowning accidents. Frequent community interactions with aquatic environments without adequate safety knowledge increase the potential for drowning incidents. Research in coastal communities shows that drowning remains a frequent occurrence and is a leading cause of unintentional death in aquatic environments Arovah. N. I. (2009), Yun Ahn Ji et al (2011).

Appropriate first aid for drowning victims plays a crucial role in determining the victim's survival and prognosis. Initial actions such as safe evacuation, opening the airway, and providing basic life support are crucial steps that must be taken immediately. However, many people still do not understand the correct first aid procedures for drowning victims, potentially worsening the victim's condition due to mishandling Utama, et al (2022), Bahrami (2011), Bjornstig. (2004), Raof, Suhail. (2008).

Environmental emergency education is a strategic effort to improve public knowledge and skills related to handling drowning victims. Systematic, practice-based education has been shown to improve public preparedness and understanding of the risks of drowning and how to handle them. Results of community service programs for students and the community indicate that water safety education can significantly increase knowledge and awareness of the dangers of drowning (Rumba et al., 2025), Ronald, C. (2002), Onyokwelu, E. (2008).

In the nursing field, nurses play a crucial role as health educators in community promotion and prevention efforts. Implementing environmental emergency education about drowning is a tangible contribution by nurses to improving public health and safety, particularly in areas prone to drowning. Therefore, community service activities with the title "Emergency First Aid Simulation for Drowning: Building Community Self-Reliance in the Sumber Jiput Tourist Area (Tongka, Simbiring and Malara, 2024), BNPB. (2012).

METHOD

The community service program was held at the Sumber Jiput water tourism site, on Sunday, January 25, 2026. This activity was attended by 32 teenagers and tourism awareness group who are residents around the Sumber Jiput tourist site. The methods provided were health education and simulation of handling and first aid for drowning victims. The media used were posters and CPR manikin. The activity was carried out in several stages, the first stage was the opening and delivery of material on handling and first aid for drowning victims including safe evacuation techniques for rescuers and basic life support, the next stage was a simulation session and discussion with participants. After receiving education on handling and first aid for drowning, an evaluation was conducted by asking questions to the participants. Knowledge improvement was demonstrated when they were able to answer questions after the outreach activity. Participants were able to correctly describe drowning, the steps to take when encountering a victim, how to ask for help, what to consider to ensure the safety of rescuers during an evacuation, and how to perform basic life support. Furthermore, participants were able to practice the steps involved in administering first aid for drowning with their peers.

RESULTS

The community service program for teenagers and tourism awareness group at the Sumber Jiput water tourism site went smoothly. This community service was aimed at 32 teenagers and tourism groups who had never been exposed to basic life support information.

The youth and tourism awareness groups were residents who lived near the Sumber Jiput water tourism site.

The community service program included outreach on how to safely evacuate drowning victims, how to perform basic life support on both conscious and unconscious victims, how to ask for help, and how to deal with post-traumatic stress (PTSD) in both victims and their families. The implementation phase used health education, short training, and active learning methods. The materials provided were well-received, as evidenced by participants' ability to answer questions and practice correctly after the outreach activities. They were able to correctly state how to safely evacuate a drowning victim, identify and administer basic life support to both conscious and unconscious victims, and demonstrate the steps to take when encountering a victim, how to ask for help, and practice coping with post-traumatic stress disorder (PTSD). Furthermore, they were able to generally practice the steps in evacuating a victim and administering basic life support.



Figure 1. How to evacuate a drowning victim

Based on the evaluation and monitoring of the activity, several factors were identified that influenced the activity's success, including support from the Rejomulyo village head, the management, and residents surrounding the Sumber Jiput tourist park. Residents welcomed the activity and fully supported the community service program. The enthusiasm of the youth group and tourism awareness group in the community service program was evident. However, time constraints and the large amount of material hindered the community service, leading to the distribution of the training into several sessions. Participants expressed the need for additional time for such an important activity.



Figure 2. How to provide first aid to a drowning victim, whether conscious or unconscious

DISCUSSION

The community service activity, "Emergency First Aid Simulation for Drowning: Building Community Self-Reliance," had a significant impact on improving the understanding and basic skills of youth groups and tourism awareness group, residents of the Sumber Jiput water park, in handling drowning situations. Through the presentation of materials and hands-on practice, participants gained new experiences relevant to their environment and served as the frontline in first aid at the Sumber Jiput water park. This training also provided a platform for youth groups and tourism awareness groups (Pokdarwis) to become more mentally and technically prepared for emergencies Made Martini (2024), Yusuf Dwiyanto et al (2022).

During the activity, the youth groups and tourism awareness group were divided into several groups to facilitate the training process. Observations indicated that most participants were familiar with how to evacuate a drowning victim, how to administer basic life support to both conscious and unconscious victims, and how to manage trauma stress in victims and their families. However, several groups still lacked understanding of how to administer basic life support to both conscious and unconscious victims, which is crucial in the "golden period" of a victim's recovery. This suggests that participants' experience and understanding tend to be limited to practices they have seen or learned previously Elmqvist (2010), Nusrudin (2020).

Through hands-on practice guided by the facilitator, groups that had previously been less familiar with the technique began to show interest and actively ask questions and try out the newly learned techniques. Participants' responses also became more positive after they learned that basic life support involves specific techniques and requires extra care. The interaction during the practice sessions helped build participants' confidence, enabling them not only to understand the theory but also to put it into practice more accurately Konstantina Papalexopoulou (2014).

Overall, this training yielded positive outcomes in terms of increasing the capacity of youth groups and tourism awareness group) particularly in handling drowning victims, a skill they had previously lacked. This activity also successfully broadened participants' understanding that first aid is not limited to seeking medical assistance, but can be administered independently using the techniques they have learned. With this training, it is hoped that youth groups and tourism awareness groups (Pokdarwis) will be better prepared and responsive to emergency situations in the Sumber Jiput water tourism area Husain Sofia (2013).

During the community service activity "Emergency First Aid Simulation for Drowning: Building Community Self-Reliance," the implementation team encountered several obstacles. One particularly prominent obstacle was the participants' differing understanding of the basic principles of basic life support. Participants from the general public were generally more familiar with transporting drowning victims immediately to the nearest health facility, while the material presented by the implementation team stated that first aiders can perform initial actions on the spot while waiting for medical personnel to arrive. This discrepancy caused confusion for some participants, especially when the systematic steps of treatment were explained. Furthermore, there were also other obstacles, such as varying levels of participant participation. Some students appeared active and enthusiastic in the practical sessions, while others tended to be passive or lacked confidence in attempting the bandaging techniques, especially on areas of the body they had rarely practiced before, such as the head and chest. This required the facilitator to pay more attention to certain groups so that they would not simply be spectators but would also participate and gain hands-on experience Geduld, H. and Wallis, L. (2011), Salvatierra Gail G (2016).

Technical challenges also arose, such as limited props, which forced some students to wait their turn to practice. However, overall, these obstacles were successfully overcome through the implementation team's flexibility in adapting teaching methods and a communicative approach that made participants feel comfortable asking questions and practicing Lasmana UD (2021).

CONCLUSION

This community service activity significantly contributed to improving the basic knowledge and skills of youth groups and tourism awareness group regarding handling drowning victims in emergency situations. Material covering victim evacuation, basic life support for both conscious and unconscious victims, and how to manage post-drowning stress for both victims and their families was delivered interactively and practically through lectures, demonstrations, and hands-on practice. Throughout the training, participants demonstrated high enthusiasm, despite several challenges, such as differing understandings of the principles of basic life support provided by the implementation team. However, these obstacles were overcome through adjustments in approach and more communicative delivery.

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