

## First Aid in Fainting People

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### ABSTRACT

There are still many children and even teenagers who do not have any knowledge about First Aid for Fainted People, there are still many who have problems practicing what should be done first in helping someone who is Fainting, therefore the author conducted research on First Aid for Fainted People. The aim is to provide more knowledge about First Aid for Fainted People. The methods used in this research are interviews, observation and documentation. The results of this research are that the cause of fainting is a lack of blood supply, so that the intake of oxygen and blood sugar to the brain is reduced. So the first aid that must be done is to give the patient a chance to breathe, position one hand perpendicular to the chest and the other hand bent towards the face, lift one leg that is further away from your position until it forms a 90 degree angle, try to wake it up. By shaking his body, calling his name in a loud voice, slowly patting him or using ADTD (lift your chin and press your forehead).

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## INTRODUCTION

Syncope is a common clinical problem in children, and adolescents, as many as 15% of children experience at least one episode before the end of adolescence. Syncope is a less dangerous problem, but in some cases it is related to an underlying cardiovascular problem and causes a risk of sudden death. Types of vascular syncope, cardiac syncope, neurological or cerebrovascular syncope, metabolic syncope and situational syncope. The cause of fainting or syncope can be said not with certainty, because there is a lack of blood in the brain, so that too little acid is obtained. Signs of fainting are cramps, nervousness, yawning and swallowing, pale, moist skin, wanting to vomit and feeling dizzy floating, and buzzing in the ears. (Tobing, 2019)

Fainting is a momentary loss of consciousness due to global cerebral hypoperfusion characterized by rapid onset, short period of time, and spontaneous full recovery. Someone who faints frequently will have higher mortality and decreased quality of life than those who have never fainted. Fainting can cause high morbidity in someone who often experiences relapses accompanied by physical injury. Based on the impact described above, it is necessary to first aid in fainting

patients. The first is treatment given immediately to people who are injured or suddenly sick. (Publications &; Septiana, 2017)

Adolescence is a time of rapid growth and development both physically, psychologically and intellectually. Adolescents are one of the vulnerable groups in society because they have dynamic activities, but sometimes not balanced with rest and regular eating patterns. The high level of activity carried out by adolescents, especially in the scope of education, often makes them exhausted. One of the activities that must be carried out by students at school is the flag ceremony. The flag ceremony is a mandatory activity for all students that aims to increase the sense of nationalism from an early age that begins in the school environment. However, there is a health problem that often occurs during flag ceremonies at school, namely students who fall unconscious. This is usually caused by many factors such as unfavorable health conditions, not eating breakfast before the ceremony, and hot weather with a long enough time to stand causing students to be exhausted. (Sakti et al., 2018)

The definition of fainting in general is where a person is in a state of unconsciousness or complete loss of consciousness. And usually symptoms such as both hearing, sight, feeling, and smell stop completely in a temporary time. In some cases, fainting is caused by lack of blood flow to the brain, lack of oxygen, poisoning, shock, hunger, thirst, and other weak physical conditions or symptoms of other chronic diseases. Faint management training on skill improvement is very influential, where training is a short-term educational process that unites theoretical and practical learning, so training is a factor that can increase one's knowledge. The implementation of one's skills must have a basis that has been obtained either in the form of information or in the form of training. Skill development must start from what a person masters, skills he has not mastered. This states that training becomes more effective to improve real skills, this cannot be separated from the provision of training. (Sari et al., 2022)

First aid is the provision of immediate assistance to people with illness or injury who need basic medical assistance. The basic medical referred to here is the act of treatment based on medical science that ordinary people can have. This basic medical provision is carried out by helpers who first arrive at the scene who have the ability and are trained in medical treatment. (Kundre &; Mulyadi, 2018)

## **RESEARCH METHODOLOGY**

### **Research Methods**

In this study, researchers use a type of qualitative research with qualitative descriptive research methods. This is in accordance with the purpose of the study to analyze the implementation of first aid in fainting people. Qualitative research is a research method based on philosophy Positivism, used to examine the natural condition of objects (Sugiyono, 2013)

In this study, several activities were carried out, namely:

1. Develop interview guidelines and observation guidelines.
2. Conducting interviews with people who are conducting PMI jumbara activities.
3. Conduct descriptive-qualitative data analysis.

### **Place and Time**

This research was conducted and carried out on Jln. Srikandi, Medan Tuntungan District, Medan City, North Sumatra Province, this research was conducted using qualitative methods. By observation, interviews and data collection and included with documentary evidence. This research was conducted on Friday, October 13, 2023 at 09.00 WIB.

### **Data Sources**

Data sources needed in this study include:

1. Data Primer

Primary data is the main data needed in research, which is obtained directly from the source or from the location of the research object, or the entire research data obtained in the field. Primary data is not obtained through intermediary or second-party sources and so on. In this study primary

data were obtained directly through interviews. Namely collecting primary data from respondents' answers to questions asked through interviews, while the primary sources are people who are carrying out PMI jumbara activities.(Komariah, 2017)

## 2. Data Seconds

Secondary data is data or a number of information obtained indirectly or through intermediaries. This data is obtained by quoting from other sources, so it is not authentic, because it has been obtained from the second, third hand and so on. In this study, what is meant by secondary data is data or second information related to the research problem. Like documentation.(Una, 2014)

### Data Collection Techniques

Data collection techniques are tools used to collect research data and facts. The tools used in this study are the following:

#### a. Observation

Observation or observation is a daily human activity using the five senses of the eye as its main aid in addition to other five senses such as ears, smell, mouth, and skin. So the observation method is a data collection method used to collect research data through observation and sensing.

#### b. Interview

An interview is a meeting of two people to exchange information and ideas through questions and answers, so that meaning can be constructed in a particular topic. Susan in Sugiyono suggests that with interviews, researchers will know more in-depth things about participation in interpreting situations and phenomena that occur, which cannot be found through observation. The purpose of this interview is to find problems more openly, where the interviewee is asked for their opinions and ideas. In conducting interviews, researchers need to listen carefully and record what is stated by informants.

#### c. Documentation

Documentation is a record of past events. Documents can take the form of writing, drawings, or monumental works of a person. Documents in the form of writing such as diaries, life histories (Life histories), stories, biographies, statements, policies. Documents in the form of images, such as photos, living images, sketches, and others. Documents in the form of works such as works of art, which can be in the form of images, sculptures, films, and others. The study of documents is complementary to the use of observation and interview methods in qualitative research.(Bungin, 2007)

## RESULTS OF DISCUSSION

### Profile Responden

Based on the results of interviews and observations we conducted at the JUMBARA activity on Friday, October 13, 2023 at 09.00 until it was finished, we obtained sources of information about the results of our interviews from 5 respondents who were members or supervisors at the JUMBARA PMR activities in each of the 5 different bases. The profiles of our respondents are as follows:

#### 1. First Responders

Name : Najita Kistina  
Age : 21 Years  
Pangkalan : 044 SMA Raksana

#### 2. Second Responders

Name : Tirta Risky Suhada  
Age : 20 Years  
Pangkalan : 101 SMA Budi Agung

#### 3. Third Responder

Name : Clara Engelika  
Age : 18 Years  
Pangkalan : 104

## 4. Fourth Respondent

Name : Ira  
 Age : 18 Years  
 Pangkalan : 005 MAN 2 MEDAN

## 5. Respondek Kelima

Name : Keyla Naza Ramadan  
 Age : 16 Years  
 Pangkalan : 059 MTSN 1 Medan

**Interview Results**

From the results of interviews and observations we conducted, we had 5 different answers from each respondent regarding First Aid in Fainting People. Here are the answers from each respondent based on their understanding.

## 1. First Responders

No	Interview	Narasumber
1.	How long have you been in the PMR organization?	2 Years
2.	How did you feel when you participated in this JUMBARA activity?	Very happy, of course, brother, especially here also from various bases so many know new friends, can also exchange ideas about PMR, brother.
3.	How important is PMR for your brother?	In my personal opinion, it is very important, brother, because let us know how to maintain health, how to help the family at home, for example, someone faints and help if there are minor injuries.
4.	How is your action or first aid when dealing with a fainted person?	The first action I did I called his name slowly while patting his shoulder, if I didn't wake up I was also given wind oil / eucalyptus oil then wait up to 5 minutes, if I haven't regained consciousness continue to the ambulance.

## 2. Second Responders

No	Interview	Narasumber
1.	How long have you been in the PMR organization?	Just 1 Year Joined PMR
2.	How did you feel when you participated in this JUMBARA activity?	Very happy, sis, because there are many new friends. Then exciting with its activities.
3.	How important is PMR for your brother?	It's important to me, because besides we know how to deal with fainting people, we also have families so we know how we can take care of

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		our families for example they faint so we know how we handle them.
4.	How is your action or first aid when dealing with a fainted person?	Handling it was first left first, then a few minutes later given the nose wind oil, the neck area continued to be left later if the clothes were tight unbuttoned between them to let it be relieved

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### 3. Respondents When

No	Interview	Narasumber
1.	How long have you been in the PMR organization?	1 Year
2.	How did you feel when you participated in this JUMBARA activity?	Delicious and happy, but certainly found a little obstacle sis.
3.	How important is PMR for your brother?	Important, because it is useful in the general public, it can help people, if there is an accident injury can help what I know.
4.	How is your action or first aid when dealing with a fainted person?	The first aid I gave was I gave eucalyptus oil in the nose with the back of his head then let it sit for a few minutes and after realizing it was given a sweet drink such as tea water or water

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### 4. Fourth Respondent

No	Interview	Narasumber
1.	How long have you been in the PMR organization?	2 Years
2.	How did you feel when you participated in this JUMBARA activity?	Of course tired, tired but there is a sense of enthusiasm also because it will be held every 5 years, the excitement is also a lot of meeting friends from other schools
3.	How important is PMR for your brother?	Very important, because we know a lot from PMI we can help many people, know how to help people
4.	How is your action or first aid when dealing with a fainted person?	His action was immediately evacuated, immediately lifted on the head, there was only one who held the body part continued to be raised to the stretch. The first action we check the breathing first, if the breathing is normal

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or up normal we do the *ADTD action (Chin lift forehead press)* to open the breathing

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### 5. Reply Kelima

No	Interview	Narasumber
1.	How long have you been in the PMR organization?	2 Years
2.	How did you feel when you participated in this JUMBARA activity?	Happy, because it is done once every 5 years
3.	How important is PMR for your brother?	It's very important, brother, so we know how important safety and health are in our lives
4.	How is your action or first aid when dealing with a fainted person?	The first action of the legs is raised because if you are on your back it is difficult to regulate the breathing of the victim

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Based on the table of respondents 1 to 5, it can be concluded that those who participate in PMR activities on average have joined the organization for 2 years. And have different perspectives or understandings in dealing with or giving First Action to Fainting People.

Fainting occurs when the brain lacks blood supply, so oxygen and blood sugar intake to the brain is reduced. In fact, both are needed by the brain to be able to function properly. As a result, there was a temporary decline in consciousness. The first step to helping a fainted person is First check the condition of breathing by checking the pulse and seeing the movement of the chest and abdomen, Second lay the patient's body, if the patient is confirmed to breathe, take it to the shade and immediately lay his body on a flat place and in a recovery position, position one of the hands perpendicular to the chest and the other hand bows towards the face, lift one of the legs located further from your position to form a 90-degree angle, Third Try waking him up, shaking his body, calling his name in a loud voice, slowly patting him, or acting ADTD (Lift chin, press forehead). (Sari et al., 2022)

Based on the above theoretical review found in accordance with the results of our research on the responses and responses of respondents regarding first aid handlers in fainting people starting from the initial action to the final action. The core of the response of one of our respondents who is very appropriate and refers to the theoretical study above is the respondent from sister Ira who is 18 years old from MAN 2 Medan with base number 005 who has been participating in PMR activities at her school for 2 years. Here is sister Ira's response to first aid in people who faint. "The action was immediately evacuated, immediately lifted on the head, there was only one who held the body part continued to be raised to the head. The first action we check the breathing first, if the breathing is normal or up normal we do the action ADTD (Chin lift forehead press) to open the breathing.

### CONCLUSION

Syncope is a less dangerous problem, but in some cases it is related to an underlying cardiovascular problem and causes a risk of sudden death. Fainting is a momentary loss of consciousness due to global cerebral hypoperfusion characterized by rapid onset, short period of time, and spontaneous full recovery. Someone who faints frequently will have higher mortality and decreased quality of life than those who have never fainted. Fainting can cause high morbidity in someone who often experiences relapses accompanied by physical injury. First is the treatment given immediately to people who are injured or suddenly sick.

Primary Data is the main data needed in research, which is obtained directly from the source or from the location of the research object, or the entire research data obtained in the field. This research uses a type of qualitative research with qualitative descriptive research methods. The core of the response of one of our respondents who is very appropriate and refers to the theoretical study above is the respondent from sister Ira who is 18 years old from MAN 2 Medan with base number 005 who has been participating in PMR activities at her school for 2 years.

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