

**FAKULTAS KESEHATAN DAN TEKNOLOGI
UNIVERSITAS AISYIYAH PALEMBANG
PROGRAM STUDI DIPLOMA 3 KEPERAWATAN
LAPORAN TUGAS AKHIR, JUNI 2026**

AMANDA PATARANI

**PENGARUH EDUKASI TEKNIK HEMLICH MANEUVER DALAM
MENINGKATKAN PENGETAHUAN GURU TERHADAP
PERTOLONGAN PERTAMA PADA KASUS CHOKING DI MADRASAH
TSANAWIYAH AULIA CENDEKIA PALEMBANG TAHUN 2026**

xiviii, 110 Halaman, 9 Tabel, 2 Skema, 1 Gambar, 1 Daftar Singkatan, 12 Lampiran

ABSTRAK

Pendahuluan: *Choking* merupakan kondisi darurat medis yang terjadi ketika saluran napas tersumbat oleh benda asing sehingga menghambat aliran udara ke paru-paru. Kondisi ini dapat menyebabkan komplikasi serius, seperti hipoksia, kerusakan organ, hingga kematian apabila tidak ditangani. Angka kejadian *choking* masih menjadi perhatian karena rendahnya kesadaran masyarakat mengenai pertolongan pertama yang tepat. Salah satu upaya pencegahan dan penanganan awal yang dapat dilakukan adalah melalui edukasi kesehatan mengenai teknik *hemlich maneuver*. **Tujuan:** Diketuinya Pengaruh Edukasi Teknik *Heimlich Maneuver* Dalam Meningkatkan Pengetahuan Guru Terhadap Pertolongan Pertama Pada Kasus *Choking* Di Madrasah Tsanawiyah Aulia Cendekia Palembang. **Metode:** Penelitian Ini menggunakan Pendekatan kuantitatif dengan desain quasi-eksperimental pretest-posttest dan teknik pengambilan sampel menggunakan total sampling dengan jumlah 15 responden. Analisis data menggunakan uji Wilcoxon. **Hasil:** Uji *Wilcoxon* menunjukkan peningkatan pengetahuan yang signifikan setelah dilakukan edukasi teknik *hemlich maneuver* ($p = 0,001$; $p < 0,05$). **Saran:** Dihapkan pemberian edukasi teknik *Heimlich Maneuver* efektif meningkatkan pengetahuan mengenai pertolongan pertama pada kasus *choking*.

Kata kunci: *Choking*, *Manuver Heimlich*, Pendidikan Kesehatan, Pengetahuan, pertolongan pertama.

Daftar Pustaka : 44 (2018-2025)

**FAKULTAS KESEHATAN DAN TEKNOLOGI
UNIVERSITY AISYIYAH PALEMBANG
DIPLOMA 3 NURSING STUDY PROGRAM
FINAL PROJECT REPORT, JUNE 2026**

AMANDA PATARANI

**THE EFFECT OF HEIMLICH MANEUVER EDUCATION ON
IMPROVING TEACHERS' KNOWLEDGE OF FIRST AID MANAGEMENT
FOR CHOKING CASES AT AULIA CENDEKIA ISLAMIC JUNIOR HIGH
SCHOOL MADRASAH TSANAWIYAH, PALEMBANG, 2026**

xviii + 110 pages, 9 tables, 2 schemes, 1 figure, 1 list of abbreviations, 12 appendices.

ABSTRAK

Introduction: Choking is a medical emergency that occurs when the airway is obstructed by a foreign object, thereby preventing airflow to the lungs. This condition can lead to serious complications, including hypoxia, organ damage, and even death if not treated promptly. The incidence of choking remains a concern due to the low level of public awareness regarding appropriate first aid management. One effort to prevent and manage choking cases is through health education on the Heimlich maneuver technique. **Objective:** To determine the effect of Heimlich maneuver education on improving teachers' knowledge regarding first aid management of choking cases at Madrasah Tsanawiyah Aulia Cendekia Palembang. **Methods:** This study employed a quantitative approach using a quasi-experimental pretest-posttest design. The sampling technique used was total sampling, involving 15 respondents. **Results:** The Wilcoxon test showed a significant increase in knowledge after the Heimlich maneuver education was provided ($p = 0.001$; $p < 0.05$). These findings indicate that Heimlich maneuver education had a significant effect on improving teachers' knowledge regarding first aid for choking case expected. **Conclusion:** Heimlich maneuver education significantly improved teachers' knowledge of first aid for choking cases. Therefore, providing Heimlich maneuver education is an effective strategy to enhance teachers' knowledge and preparedness in administering first aid for choking emergencies. Heimlich maneuver education is effective in increasing teachers' knowledge regarding first aid management of choking cases.

Keywords: Choking, Heimlich Maneuver, Health Education, Knowledge, First Aid.

References: 44 (2018–2025)