

Knowledge on Life Saving Skills Among Employees and Students of CAPSU Pilar



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Abstract

This study sought to assess the knowledge of students and employees about Basic First-Aid, the knowledge of students and employees about Advance First-Aid, and know the views of respondents on life-saving skills. Utilizing the descriptive research method, the study was limited to 25 employees composed of faculty and non-teaching staff, and 120 students from the six departments of CAPSU Pilar last July-October of 2019. Purposive random sampling was used in the identification and selection of the respondents for the students and employees. A modified questionnaire was made, pre-tested, and subjected for validity and reliability. The statistical tools used in the study were standard deviation, frequency counts, percentage, and mean. The majority of the employees and students were non-knowledgeable about basic first-aid. All employees and students were non-knowledgeable about advanced first aid. Employees and students strongly agreed with their views on life-saving skills. People empowerment in life-saving skills is a great factor in helping save lives. Hence, skills training was introduced on the campus to equip the employees and students with life-saving skills that would serve as their best weapon for life. With life-saving skills, the call for social responsibility becomes evident through the principle of volunteerism and immediate response to any circumstance confronting health.

Keywords: Life Skills, Empowerment, Volunteerism, Statistical tools, frequency counts.

Introduction

Good health is the gateway to a better life. Most often, it is taken for granted since a lot of people used to seek medical advice if something unusual happens. Healthcare workers are exposed to many hazards brought about by the nature of their work, but in the academe and other non-health entities, there are a lot of people with a limited number of medical workers attending to the needs of their populace. The World Health Organization (WHO) describes life skills as the abilities and positive behaviors that enable individuals to deal effectively with the demands and challenges of everyday life. Hence, the initiative to conduct research on knowledge of life-saving skills among CAPSU employees and students is deemed

very beneficial for life-saving purposes.

Methods

A descriptive quantitative research approach was used to conduct the study and a closed-ended questionnaire was used to collect the data. The choice of a closed-ended questionnaire was because the participants in this study have simply to mark their right choice for the statements given.

Methods of Investigation

It was limited to the 25 employees composed of faculty and non-teaching staff, and 120 students of CAPSU Pilar equally distributed to the six departments namely: BSSW, BSHM, BSBA, BSIT, BSA, and BEED from July-October of 2019. The knowl-

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edge on life-saving skills focused on basic first-aid, advanced first-aid, and views on life-saving skills. Purposive random sampling was used in the identification and selection of the respondents for the students and employees. The instrument used was modified and taken from the First on the Scene Reference Guide by St. John Ambulance of Canada. (www.sja.ca) & Bachelor's Thesis from JAMK University of Applied Sciences, Jyväskylä, Finland. The questions were divided into three sections. Part I focused on the knowledge of employees and students on basic first aid, and Part II focused on the knowledge of advanced first aid and the views of students and employees on life-saving skills. After obtaining the data, results were tabulated and subjected to statistical analysis, analyzed, and interpreted using appropriate statistical tools such as standard deviation, frequency counts, percentage, and mean.

Results and Discussion

Knowledge of Basic First Aid

Among the 25 employees of CAPSU Pilar, 18, or 72% were not knowledgeable on how to properly implement first aid, while 7 or 28% were knowledgeable on how to apply basic first aid. Out of 120 students 76 or 63% were non-knowledgeable on the proper ways to apply first-aid, while 44 or 37% were knowledgeable on how to give basic first-aid.

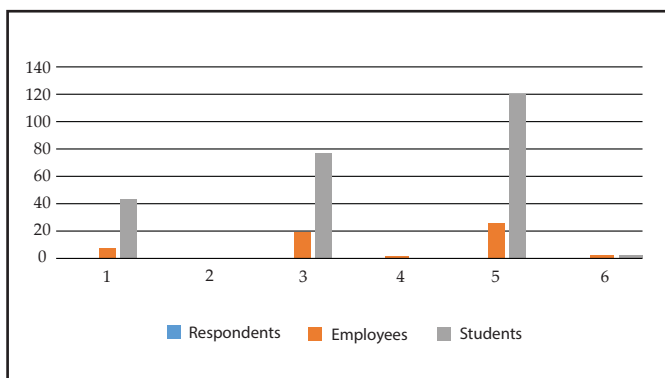


Figure 1. Figure on Basic First Aid

Knowledge of Advance First-Aid

Of all the respondents, not even one was knowledgeable about giving advanced first aid, particularly cardiopulmonary resuscitation (CPR).

Views of Students on Life-Saving Skills

On the views of students on life-saving skills, this study revealed that among the statements, all of the students strongly agreed that if they have adequate first aid knowledge and skills, they will perform first aid to the people in need, almost all strongly agreed that public education of first aid is essential, while more students strongly agreed that learning first aid is very difficult and complicated and more agreed that it is the responsibility of a medical professional to save life and perform first aid and crucial to learning first-aid knowledge in daily life respectively. Generally, students agreed on their views on life-saving skills.

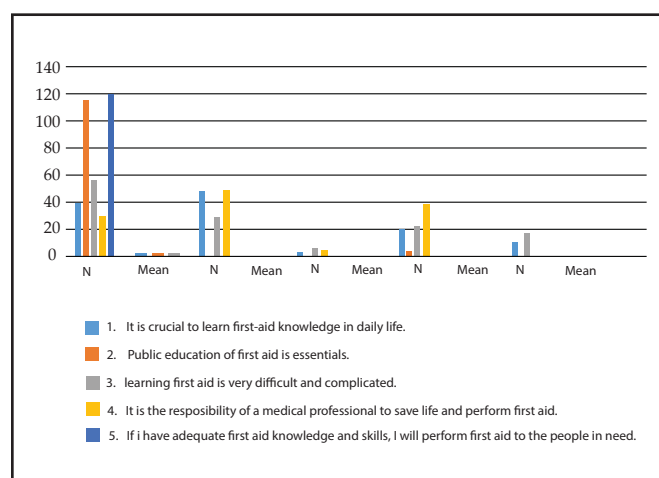


Figure 2. Views of Students on Life Saving Skills

Views of Employees on Life-Saving Skills

On the views of employees on life-saving skills, this study revealed that among the statements, all employees strongly agreed that it is crucial to learn first aid knowledge in daily life, public education of first aid is essential, and if they have adequate first aid knowledge and skills, they will perform first aid to the people in need. The majority of employees strongly agreed that learning first aid is very difficult and complicated and more agreed that it is the responsibility of a medical professional to save life and perform first aid.

Conclusion and Recommendations

A total of 120 students participated in the survey, with 20 students from each of the following departments: BSSW, BSIT, BSHM, BSA, BSBA, and BEED. The respondents in this study were 25 employees, including faculty

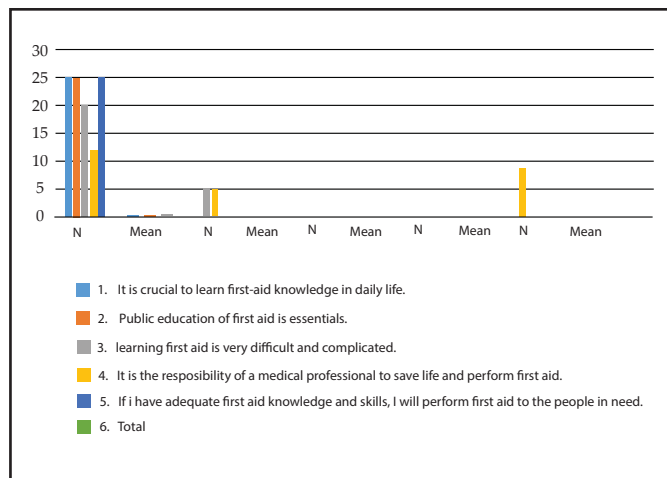


Figure 3. Views of Employees on Life Saving Skills

and non-teaching staff. The vast majority of the staff and students required greater training in basic first aid. Unfortunately, neither staff members nor students have any advanced first-aid knowledge. Employees and students shared a similar opinion of life-saving techniques, which they found to be very compelling. Situations where life skills are useful, especially fundamental ones that can save lives, are significant life-saving factors. It refers to a person's capacity for and attitude toward coping with the difficulties and circumstances they face on a daily basis. For the population's protection, it is necessary to perform health and safety skills training for employees and students, especially in the areas of basic and advanced first aid. For the sustainability of service delivery, a solid partnership with the local government unit must be strengthened for augmentation and training. Last, but not least, it is advised to constantly incorporate life skills that would improve staff and students' ability to contribute to saving lives.

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