

SYSTEMATIC LITERATURE REVIEW
HUBUNGAN SELF EFFICACY DENGAN PERILAKU FIRST AID PADA
MAHASISWA KEPERAWATAN DALAM SITUASI
KEGAWATDARURATAN

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ABSTRAK

Pendahuluan: *Self-efficacy* merupakan faktor psikologis penting yang memengaruhi kesiapan dan perilaku mahasiswa keperawatan dalam memberikan pertolongan pertama pada situasi kegawatdaruratan. **Tujuan:** Menganalisis hubungan antara *self-efficacy* dengan perilaku *first aid* pada mahasiswa keperawatan berdasarkan bukti empiris terkini. **Metode:** Penelitian menggunakan desain *systematic literature review* dengan panduan PRISMA 2020. Penelusuran artikel dilakukan melalui database PubMed, ScienceDirect, dan GARUDA pada periode 2016–2026. Penilaian kualitas metodologis menggunakan JBI *Critical Appraisal Checklist*. **Hasil:** Dari 707 artikel yang teridentifikasi, sebanyak 10 artikel memenuhi kriteria inklusi yang terdiri atas 9 studi *cross-sectional* dan 1 studi *randomized controlled trial*. Mayoritas penelitian menunjukkan hubungan positif signifikan antara *self-efficacy* dengan perilaku *first aid*, kesiapan tanggap darurat, dan keterampilan resusitasi pada mahasiswa keperawatan. Kekuatan hubungan berkisar dari lemah hingga kuat ($r = 0,150-0,491$). Faktor yang memengaruhi hubungan tersebut meliputi pengalaman pelatihan, kecemasan situasional, norma sosial, serta tingkat pendidikan. **Kesimpulan:** *Self-efficacy* memiliki hubungan positif yang konsisten terhadap perilaku *first aid* mahasiswa keperawatan dalam situasi kegawatdaruratan. Penguatan *self-efficacy* melalui pelatihan berbasis simulasi dan praktik kegawatdaruratan direkomendasikan dalam pendidikan keperawatan.

Kata Kunci: *Self-efficacy*; *First Aid*; Mahasiswa Keperawatan; Kegawatdaruratan.

SYSTEMATIC LITERATURE REVIEW: THE RELATIONSHIP BETWEEN SELF-EFFICACY AND FIRST AID BEHAVIOR OF NURSING STUDENTS IN EMERGENCY SITUATIONS

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ABSTRACT

Background: Self-efficacy is an important psychological factor influencing nursing students' readiness and behavior in providing first aid during emergency situations. **Objective:** To analyze the relationship between self-efficacy and first aid behavior among nursing students based on current empirical evidence. **Methods:** This study employed a systematic literature review design guided by PRISMA 2020. Articles were searched through PubMed, ScienceDirect, and GARUDA databases from 2016–2026. Methodological quality was assessed using the JBI Critical Appraisal Checklist. **Results:** Of the 707 identified articles, 10 met the inclusion criteria, consisting of 9 cross-sectional studies and 1 randomized controlled trial. Most studies demonstrated a significant positive relationship between self-efficacy and first aid behavior, emergency preparedness, and resuscitation skills among nursing students. The strength of the relationship ranged from weak to strong ($r = 0.150–0.491$). Factors influencing the relationship included training experience, situational anxiety, social norms, and educational level. **Conclusion:** Self-efficacy has a consistent positive relationship with nursing students' first aid behavior in emergency situations. Strengthening self-efficacy through simulation-based training and emergency practice is recommended in nursing education.

Keywords: Self-efficacy; First Aid; Nursing Students; Emergencies.