



Analysis of Gender, Self- Readiness, and Stress in the Implementation of Psychological First Aid

Sudjiwanati ¹✉, Nindita Pinastikasari ²

¹ Faculty of Psychology, Wisnuwardhana University

² Dr. Radjiman Wediodiningrat Mental Hospital Malang

✉correspondent_author_email: sudjiwanati02@gmail.com

Abstract

Self-readiness is one aspect that can influence adolescents in facing life's problems. Students, both male and female, who are still in the adolescent development stage can experience problems, namely a lack of knowledge about self-preparation in facing life's problems that can cause stress and also a lack of psychological first aid skills (*First Psychological Aid*) for themselves and others. Lack of student knowledge about self-preparation and *First Psychological Aid* can increase stress and ultimately affect student academic achievement. Likewise, gender differences between men and women can also be a factor that influences how adolescents face life's problems. The purpose of this study was to determine the effect of gender on self-preparation in learning, dealing with stress and first aid in students of the Faculty of Psychology, Wisnuwardhana University, Malang. The research methodology used is a quantitative descriptive research method with a sample of 203. Measurements were carried out using a scale of self-preparation, stress and *First Psychological Aid* (PFA) collected through Google Form media . The results of data analysis using the Manova test showed that the f value of Gender on the dependent variable of self-preparation, stress, and Psychological First Aid had a significance value of 0.870; 0.292; 0.160 > 0.05, which means that gender does not significantly influence self-preparation, stress, and Psychological First Aid. Based on the results of this study, it can be concluded that male and female students who have knowledge of PFA can prepare themselves and have the ability to manage stress in carrying out study tasks and in daily life .

Keywords: Gender, Adolescents, Self-Readiness, Stress, Psychological First Aid.

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1. Introduction

Everyone should have a lifelong desire to learn, and it's still possible to experience changes as a result of learning, such as mastering new skills, changing attitudes, or acquiring new knowledge. From a psychological perspective, learning involves preparing the necessary tools and materials beforehand. Psychology is a vital element in life. human beings who influence thoughts , emotions , and functions brain [1],[2] . Psychological dynamics, or forces within oneself humans, play a role in influencing mental and behavioral everyday, including thoughts, feelings, and actions. By understanding this concept , we Can seeing that every relationship because effects on humans involving dynamics psychological [3] .

Readiness to learn refers to a condition in which a person is ready and able to respond to stimuli arising from interactions between students and teachers, or between students and lecturers [4],[5] . The readiness referred to is a condition of preparing for the needs that

exist in the area where the student is located, as well as including readiness in terms of maturity and physical condition, motivation, perception and experience [6] . Psychological dynamics includes the individual's internal processes, such as attitudes , purses, emotions, and behavior, which influence mental or psychological condition in adjusting oneself with the situation as well as overcome conflict daily [7],[8] .

Psychological dynamics that occur in individuals men and women own different characteristics [9] . One of the factor affecting results Study The focus of the evaluation is readiness and transfer of learning. Readiness to learn is the ability someone to take advantage of experience encountered, which depends on maturity intellectual. Therefore, psychological becomes a consideration important things that influence life daily life. Disorders psychological or mental problems can occur If psychological somebody disturbed [10] .

Students, who are often still vulnerable to stress, can prevent it with readiness yourself so as not to rush in taking decision. Self-readiness involving mental condition, skills, and attitudes required to perform an activity [11],[12],[13]. Students are learners in education high aim reach title bachelor, obtain lessons and experiences from academic and non-academic activities, such as individual and group assignments.

Many students face difficulties in completing assignments given by lecturers, and in achieving knowledge theoretical and empirical, they must finish a certain number of credits, including compilation thesis [14],[15]. Every individual, especially students, must own readiness to carry out tasks. This readiness includes ability respond and carry out tasks, even though face difficulties and may require *first aid* [16]. Psychological conditions are very essential for life human. One of the aspect most influenced by conditions psychological a person is when they go through education [17].

Students who already have readiness self it will be easier take decision to help yourself and others. Self-readiness a students are very important and can be measured both at home and at school [18],[19]. Readiness at home includes activities such as study at night and prepare equipment learning. While at school, readiness seen from activity ask or answer, and not fall asleep in class. All of this influences ability students in the learning process [20],[21].

Readiness is a condition in which a person is ready to do something. Sinta added that readiness is a person's ability have [22]. Readiness as willingness to respond or react. Each individual own level readiness the basis for starting various activity. In the context of online learning, readiness is an effort made by someone to face the learning process [23].

Readiness in online learning as ability to engage in a way active, motivating students to respond learning. Students' readiness to respond to stimuli in a way they themselves are also very important [24]. Stress depicted as response body nonspecific to demands. Stress can cause disorders of the body's organs and this condition is called distress. Symptoms stress Can in the form of complaint physique and psychological, but not all stress nature negative; there are also positive ones (*eustress*) [25],[26]. Stress Can impact positive If the pressure does not exceed capacity individual, encouraging development self and creativity. However, the impact negative stress Can in the form of difficulty centralize attention during lectures, decreased interest, and less behavior adaptive. Students who experience stress need help from others, and also

need skills help first for yourself yourself and others [27].

First Psychological Aid (FPA) is relief assistance approach first in handling turmoil psychological support for affected people incident Traumatic stress. PFA was developed in America by the *National Child Traumatic Stress Network* and the *National Center for PTSD*. It is an approach to addressing and minimizing trauma. impact situation emergency or disaster in an individual [28]. This includes staff or volunteers disaster relief organizations, including personnel working in the health and community sectors wide. FPA for students who experience stress involving training regulations emotions and coping stress [29],[16].

There are many students at the Faculty of Psychology at Unidha involved in various student activities in their activities, students independent campus learning need a place to study skills to help himself and helping others, then research on stress in relation to *first aid* interesting to examine. The problem being discussed in **research on students' self-preparedness and life phenomena in efforts to handle stress and how to deal with** dangerous emergency conditions and natural disasters that can increase psychological turmoil.

Do male and female students have the self-preparation to do something to face emergency disaster conditions to apply *psychological first aid* to oneself and to others. While outside of life in applying *psychological first Aids* are already prepared and keep up with current developments, supported by the use of advanced information and communication technology. This research has not been widely conducted and rarely focuses on *psychological aspects*. *first aid* on self-preparedness, especially for stress during disasters, requires further study.

Therefore, this research is important to implement and is needed in accordance with the reality in the field. Students need to be prepared to face the problems of everyday life so they don't easily experience stress. Self-preparedness plays a crucial role because if someone experiences stress, it will be difficult to make the right decisions when facing psychological emergencies and disasters. Emergency conditions require quick and accurate decision-making in determining actions to help themselves and others. The application of *psychological first The right aid can minimize stress while raising awareness to promote self-ability*, the perspective can improve one's own well-being.

2. Methodology Study

The method used was non-experimental quantitative research, consisting of four variables: gender, self-awareness, stress, and psychological first aid. Data collection was carried out using a scale. readiness self and scale *Psychological First Aid* scale stress, with the characteristics of a Likert scale range with assessments of strongly agree (4), agree (3), less agree (2) and very less agree (1), which was filled in by the participants. through *Google form*.

2.1 Population and Sample

	Gender	Mean	Standard Deviation	N
Psychological First Aids	Man	36.14	6,799	97
	Woman	34.74	7,281	104
	Total	35.42	7,070	201
Self-Readiness	Man	46.64	6,961	97
	Woman	46.80	6,783	104
	Total	46.72	6,853	201
Stress	Man	119.48	15,597	97
	Woman	117.49	10,868	104
	Total	118.45	13,364	201

The research population used was 203 students, with details of 97 male students and 104 female students, who were all students of the Faculty of Psychology in 2023, using the *total sampling technique*.

2.2 Research Instruments

Self-readiness is measured using the Self-readiness Scale instrument based on the following aspects: 1) Physical condition, body readiness, rest patterns, eating, five senses . senses , mental, intelligence, expressing opinions, speaking, self-confidence, emotions; 2) Needs, motives, directing individuals to achieve goals; 3) Skills, knowledge, understanding, abilities and comprehension. Stress is measured by a stress scale consisting of aspects: 1) Physical symptoms related to body conditions and functions, headaches, difficulty sleeping, mistakes at work; 2) Emotional symptoms related to psychological or mental conditions, restlessness, anxiety, sadness, mood swings, nervousness, irritability; 3) Intellectual symptoms of thought patterns, difficulty concentrating, forgetfulness, chaotic thoughts, decreased memory; 4) Interpersonal symptoms in others inside and outside the home, loss of trust and blaming others [30].

Psychological First Aid is structured around five elements important : Safety (*Safety*) , Peace of mind (*Calm*) , Connectedness (*Connectedness*) , Ability self

(*Self Efficacy*) , Hope . Validity test scale readiness self, stress and *psychological first aid*, using *product moment*, scale items used in the study there are items in the *blueprint* declared invalid, invalid items were not used in the study. Validity test results there are 23 valid items on the scale readiness self, 45 valid items on the scale stress, and 20 valid items on the scale *Psychological First Aid*. Reliability test results using *Cronbach Alpha (α)* show α scale value readiness self $\alpha = 0.889$, scale stress $\alpha = 0.893$ and scale *Psychological First Aid* $\alpha = 0.897$ where the α value of third the scale is ≥ 0.6 , then the scale used in this study is reliable.

3. Results and Discussion

3.1. Research result

Based on the number of variables consisting of the independent variable *Psychological First Aid* and the dependent variables of self-readiness, stress and gender, data analysis used MANOVA . The results of the data analysis on the Descriptive MANOVA test of the Relationship between Gender, Male and Female on Self-Readiness, Stress, and Psychological First Aid can be seen in table 1.

Table 1. Results of the MANOVA Descriptive Test

The results of the MANOVA descriptive test showed that men's Psychological First Aid was better than women's with a mean of $36.14 > 34.74$, men's self-readiness was lower than women's with a mean of $46.64 < 46.80$, and men's stress was greater than women's with a mean of $119.48 > 117.49$.

Homogeneity test using Levene's test to see the homogeneity of data on the variables Psychological First Aid , Self-readiness, and Stress is presented in Table 2.

Table 2. Levene's Test of Equality of Error Variances ^a

	F	df1	df2	Sig .
Psychological First Aids	,094	1	199	,760
Self-Readiness	,209	1	199	,648
Stress	6,150	1	199	,014

Tests the null hypothesis that the error variance of the dependent variable is equal across groups .

a. Design : Intercept + Gender

The results of the homogeneity test show that the variables Psychological First Aid , Self-readiness, and stress have a significance of > 0.05 , which indicates that the three research variables have the same variance.

The research hypothesis test used the Multivariate ANOVA test method to see the effect of gender on self-readiness, stress, and *Psychological First Aid* .

The results of the hypothesis test showed that the F value on Gender on the dependent variables of Self-Readiness, Stress, and *Psychological First Aid* had a significance value of 0.870; 0.292; 0.160 > 0.05, meaning that gender did not affect students' self-readiness and stress in implementing *Psychological First Aid*.

Significantly explained from descriptive results show *psychological first Aid* in men is better than in women with a mean of 36.14 > 34.74, while self-readiness in men is lower than in women with a mean of 46.64 < 46.80, while stress in men is greater than in women with a mean of 119.48 > 117.49.

The results of the research hypothesis test show that the F value for gender on the dependent variables of self-readiness, stress and *psychological first aid* has a significance value of 0.870; 0.92; 0.160 > 0.05, meaning that gender does not significantly influence self-readiness, stress and the application of *psychological first aid*. The results of the analysis are important, implying that it can be used to conclude that there is a significant influence of gender on students' self-readiness and stress in applying *psychological first aid*.

3.2. Discussion

Data analysis in this study shows that gender differences between male and female students do not have a significant impact on the implementation of *Psychological First Aid* (PFA), self-preparedness, and stress experienced by students. The results of the study indicate that both male and female students have knowledge of PFA and are self-prepared and have the ability to manage stress in carrying out their duties. The results of the study previously revealed that PFA provides benefits significant psychosocial for children, women, and men.

PFA proven increase safety, reducing pressure, facilitating practice calming and supporting each other, as well as strengthen the sense of control and hope, even in difficult situations difficult [31]. Psychological support early intervention is very effective in helping individuals reduce symptom anxiety, depression, stress post-traumatic stress and stress in a way general. This study also revealed that psychological support early can improve atmosphere heart, feelings safety, a sense of connectedness, and control self, especially in adolescents and adults. This emphasizes the importance of psychological support early in facing situation difficult and unpleasant [28]. Psychological support beginning given to individuals who experience unpleasant situations with the principle of "look, listen, and link." This support can be provided by professionals both professionals and

non-professionals, including teachers and parents [32],[33].

Intervention strategies psychological First intended for children adolescents, parents, caregivers, families, affected adults disaster or terrorism and can be given to respondents first responders and disaster relief workers [34],[31]. Other studies have shown that psychological support early in *caregivers of* parents with Alzheimer's disease has an impact positive by reducing level stress, increase welfare psychological, and knowledge about care [35]. Stress is a condition that arises consequence difference desired situation with conditions biological, psychological, or social individual. In adolescents, the level of stress increase Because they must adapt oneself with physical and emotional changes, as well as face conflicts in life they [36]. Men and women generally show reaction different to stress, both from side psychological and biological [37].

In a way general, women tend experience level higher stress compared to men. This gender difference is apparent clear in the way they handle stress and individual strategies used. Women use coping strategies more frequently. focuses on emotions and four coping strategies: diversion attention, emotional support, instrumental support, and venting, compared to men [38]. Response system stress arrange reaction behavioral, neuroendocrine, and autonomic responses to stress through HPA axis and ANS. Hyperactivation This pathway is involved in the pathophysiology of FGIDs.

Indicator readiness Study covering condition physical, mental, and emotional; needs, motives, and goals; and skills, knowledge, and abilities respond fast every question, it has an effect significant impact on learning. Stress can be interpreted as as condition psychological in which a person feel stressed consequence the problem he is facing. A long-standing problem without settlement can obviously be stressful psychological and disturbing a person's mental function. Self-readiness allows someone can respond situations faced and help yourself through *psychological first aid*.

Help first can be learned through training and skills reflex in providing assistance, therefore the ability to cope with stress requires psychological support from the surrounding environment is very important. This research has not been widely studied theoretically, so it is an interesting phenomenon that requires further methodological study. Based on theoretical studies and previous research findings, this research is important for the public to understand so they can gain insight

into the perspectives of readiness and stress as *ego strengths*. in dealing with psychological emergencies.

4. Conclusion

Based on the results of the tests that have been carried out concluded that the difference type gender does not affect the implementation of PFA, readiness self and stress in students in facing emergency psychological. Introduction and facilities Good *Psychological First Aid* can provide excellent assistance to yourself and others. Self - preparedness student is overall skills possessed and good attitudes, and readiness for stress response emotional and emergency psychological and conditions disaster as well as condition danger. Of course, it's not just students who prepare self face stress but something institution need facilitate means infrastructure for students learning to implement *Psychological First Aid* in the campus environment is a means proper learning as supplies after complete studies.

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