

**AWARENESS ON BASIC FIRST AID OF THE UNIVERSITY OF MINDANAO  
SENIOR TOURISM MANAGEMENT STUDENTS**



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In Partial Fulfillment of the Requirements for the Degree of  
Bachelor of Science in Tourism Management

Submitted by

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**APPROVAL SHEET**

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## Abstract

The study took the senior tourism management students of the University of Mindanao as respondents of the study focusing on the level of awareness on basic first aid of University of Mindanao senior tourism management students. One of the aims of the study was to determine the significant difference on the level of awareness on basic first aid of the University of Mindanao senior tourism management students when analyzed by sex and age. The findings of the study are shown as follows: Majority of the respondents are 22-24 years old and female senior tourism management students of the University of Mindanao; the level of awareness of the University of Mindanao senior tourism management students on basic first aid was moderate; there was no significant difference on the level of awareness of the University of Mindanao senior tourism management students on basic first aid when analyzed by sex; and, there was no significant difference on the level of awareness of University of Mindanao senior tourism management students on basic first aid when analyzed by age. Further, the implication of the result is that if there will be no intervention in uplifting the knowledge of the tourism students about basic first aid, they would be likely unreliable in case of emergency situation in their future tourism profession.

**Keywords:** *Awareness, Basic First Aid, University of Mindanao, Senior Tourism Management Students*

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## Chapter 1

### THE PROBLEM AND ITS SETTING

#### Background of the Study

First aid is connected to harm or sick individuals in any wellbeing debilitating circumstance with a specific end goal to spare life, forestall corruption of the condition, or add to the treatment procedure before expert medicinal care is accessible (Bildik et al, 2011; Rea and Page, 2010). Moreover, International Federation of Red Cross and Red Crescent Societies in 2011 characterized emergency treatment as evaluations and intercessions that can be performed by an observer or by the casualty with insignificant or no medicinal gear. Be that as it may, this usage requires certain levels of both information and practice.

Medical aid preparing in Indonesia is a generally exceptional program. Numerous Bali organizations stay ill-equipped without even an essential comprehension of how to manage a crisis circumstance (Nurhayati, 2011). Moreover, Bali, Indonesia is considered as a standout amongst the most well known traveler goal on the planet (Simamora, 2011). For that, St. John Ambulance led emergency treatment preparing with the point of preparing front liners to professionally deal with medicinal crises both of all shapes and sizes. Be that as it may, not all are coordinating; there are as yet many individuals who see medical aid as an exercise in futility (Belford, 2010).

In the Philippines, Palawan is best known with its natural wonders. It definitely attracts many local and foreign tourists. However, safety measures in Palawan were compromised because of the serious case occurred in Coron. A 25-year-old tourist, Miguel Ruiz passed away after allegedly stepping on an



undetermined poisonous sea creature and suffered breathing problem. His partner, Travis Millard, alleged that nobody among the tour personnel render assistance or even knew how to perform basic CPR. Thus, he had to do it himself. Travis Millard appealed that it was the tour personnel's negligence and lack of first knowledge that caused the death of his partner. Lesson learned means equipping tour guides with lifesaving skills would evade recurrence of accidents (Abadicio, 2015).

In order to decrease mortality and morbidity of accidents in tourism and hospitality industry, tourism personnel should be knowledgeable and skilled in first aid as the first responder in case of life threatening emergency within industry. A high quality of education and sufficient training is essential for the students to become one of the skilled and productive workers in our society (Hanushek, 2010).

In Davao City, tourism students are the future worker in the industry; it is only fitting that they must be equipped with first aid knowledge and skills and able to render assistance as the first responder in the tourism industry. However, in the university first aid training for tourism courses are not mandatory neither compulsory. If this is the case, therefore it could be said that tourism students have insufficient or lack of knowledge in first aid that could help decrease tourism accidents and promote a good image, safety and secured tourism destination. Therefore, there is a need to assess the level of awareness on Basic First Aid as well as the perspective of knowledge and skills of tourism management students. The result of this study would greatly help students to assess themselves and improve professionally and for schools to implement necessary program for educational enhancement.

Hence, investigating the awareness of the University of Mindanao tourism management students on basic first aid would be pursued.

### **Statement of the Problem**

This study aimed to evaluate the level of awareness on basic first aid of the University of Mindanao senior tourism management students.

Specifically, it sought answers to the following queries:

1. What is the level of awareness on basic first aid of University of Mindanao senior tourism management students in terms of:

1.1 CPR;

1.2 Choking and near drowning;

1.3 Injury;

1.4 Dressing and Bandaging; and

1.5 Stings and bites?

2. Is there a significant difference on the level of awareness on basic first aid of University of Mindanao senior tourism management students when analyzed according to the profile of the respondents?

### **Hypothesis**

The null hypothesis was formulated and tested at the level of significance of 0.05 stated as follow:

$H_{0_1}$ : There is no significant difference on the level of awareness on basic first aid of University of Mindanao senior tourism management students when analyzed according to the profile of the respondents.

## **Review of Related Literature**

This section presents the related literatures regarding with the importance of knowledge on basic first aid.

Information and aptitudes in emergency treatment is profoundly vital for tourism and accommodation industry keeping in mind the end goal to help foundations meet their wellbeing and security prerequisites, and place themselves in a place of readiness (BIMC, 2013). Examines demonstrated that traveler related mishaps can be maintained a strategic distance from if faculty who are prepared in medical aid are available in foundations (Wilks, 2013). Moreover, Khatatbeh (2016) expressed that the early mortality and grimness of mischances can be diminished if medical aid preparing will be acquainted with individuals.

Tourism understudy's apparent work is in tourism and neighborliness industry. Notwithstanding the specialization, some major duties are connected to all positions. Their essential duty is to ensure the visit is sheltered as workable for the whole gathering. Now and again, they may need to give medical aid or crisis administrations to guests (Wilks, 2013). Moreover, many components had been appeared to be related with better learning in medical aid, including taking emergency treatment course amid school, having a driving permit, or having a more elevated amount of training (Todd, 2004; Yip et al., 2012).

In any case, few reports surveying the emergency treatment learning were completed in Arab nations and the greater part of them announced that college understudies have poor levels of medical aid information (Khatatbeh, 2016). Also, media reports progressively highlighted fatalities and genuine wounds related with enterprise tourism, experience games, and marine

exercises (Rea & Page, 2010). In this way, executing right medical aid measures is key for casualties in crisis cases to diminish the risk postured by the mischance and can have the effect amongst life and demise in these circumstances (Wilks, 2013).

### **Importance of first aid**

As per the examination in Turkey Bildik et al. (2015), it is found out that legitimately managed medical aid rebuilding of upper respiratory tract patency, pneumonic circulatory revival, gigantic interior draining capture, situation of the casualty in safe position may spare the lives of numerous casualties of mishaps. Leong (2011) underscored that it is significant that everyone ought to know medical aid standards and regulate it before paramedics arrive. Anantharaman (2011) said that it was demonstrated that for most reasons for sudden surprising passing, observer capacity and readiness to do mouth to mouth will expand the shot of casualty's survival.

For out-of-healing center heart failure, observer CPR improves the probability of survival a few circumstances, and for suffocating, CPR might be all that is required to revive the casualty. The observer CPR in first minutes after heart failure seems, by all accounts, to be essential part of the chain of survival since disappointment of the flow for 5-6 minutes will prompt irreversible cerebral harm and demise (Bildik et al., 2011; Hupfl, Selig, & Nagele, 2010). Furthermore, as indicated by the investigation of Wilks in 2013, a portion of the voyagers are with previous therapeutic conditions. Moreover, an essential life bolster (BLS) speaks to the most vital stride in medical aid and is the establishment for sparing lives taking after sudden cardiovascular and respiratory capture.

Practically everybody will be included in an emergency sooner or later in their lives. Somebody falls and can't get up. Somebody cuts themselves and can't quit dying (Van de Velde et al., 2007). Someone else's heart comes up short. Wars, cataclysmic events, psychological oppressor activities, in addition to all the everyday dangers of auto crashes, falling, ingestion of unsafe substances, among different conceivable outcomes, indicate an assurance any given individual will witness and possibly aid emergency treatment. Comprehending what to do in these circumstances can be the contrast between somebody living or kicking the bucket, between a transitory or perpetual inability. Emergency treatment preparing is accessible at various foundations and is accessible to pretty much anybody (Nishiyama et al., 2010).

It takes the cerebrum six minutes to kick the bucket once oxygen is cut off. It can take a man as meager as five minutes to seep to death. Bones that are not set, may never hold weight. Cuts that are not cleaned can get to be distinctly contaminated. In the minutes after an injury, how the body is dealt with can improve things significantly to the result, and time is of the pith. Emergency treatment addresses three basic issues: Airway, ensuring that the individual can inhale; Blood, ensuring the individual is not going to seep to death; Cardio, ensuring the individual's heart is thumping (Ertl and Christ, 2007). Past that emergency treatment is about ensuring no more harm is done and making the casualty as agreeable as could reasonably be expected. Medical aid may be as basic as putting liquor and a swathe on a rub, immobilizing bones so encompassing tissue isn't harmed, or it may be as exceptional as reestablishing breathing and heart beat. Emergency treatment can likewise be mental, helping individuals who are traumatized to the point

that they may not be utilitarian, and they require support and direction to push ahead and settle on safe choices (Donohoe, Haefeli, & Moore, 2006; Van de Velde et al., 2012).

The American Red Cross was established in 1881 by a lady named Clara Barton, an instructor and medical attendant amid the Civil War. She accumulated supplies for harmed officers, which prompted the Red Cross (Leong, 2011). The association's main goal is catastrophe readiness and it helps groups everywhere throughout the world in emergency. Here in the United States, there are 700 sections, the majority of which offer essential medical aid preparing as a feature of their central goal. Medical aid preparing is additionally accessible through numerous group focuses and doctor's facilities (Resuscitation Council (UK), 2005).

Climbing, crosscountry skiing and different exercises happen a long way from the quick guide of any crisis reaction group. Now and then a man can climb out of the wild if a prompt damage gets some care, different circumstances it is basic to not move a casualty without expert help, but rather despite everything he needs adjustment in the field. Accepting wild emergency treatment preparing is about planning for extraordinary circumstances. Indeed, even pets have their awful days. They are similarly as inclined to falling or moving hit by a question as we seem to be. They are more inclined to ingesting harms and getting into battles (Hupfl et al., 2010). Maybe their harm is minor and can be taken care of by somebody who knows pet medical aid. Or, then again they may require veterinary care, yet at the same time should be balanced out in the quick here and now. The standards are a similar ABC, settle, expel them from a risky situation and get help if important (Anantharaman, 2011).

Emergency treatment information is important for both male and female as people and for the group. It empowers a person to help people who get to be distinctly harmed in case of a mishap or crisis circumstance until help arrives. Medical aid abilities can be connected in the home, the working environment or out in the open areas; along these lines the all the more First Aid ensured individuals there are in a group the more secure that group gets to be (Van de Velde et al., 2007). Turning out to be First Aid affirmed benefits a man as a person as well as it stretches out to the family, companions, associates and even the group in general, even kids who can learn it might apply medical aid; anyone can learn it youthful or old. As offensive as it is to discuss, mischances and crisis circumstances are not totally preventable or unavoidable (Eisenburger, & Safar, 2009). In the event that a mischance occurs in the work environment, in the home or in an open space, being a defenseless observer to a crisis circumstance can possibly intensify the circumstance. This is the reason it is vital for however many individuals as could reasonably be expected to have no less than a fundamental learning of First Aid paying little heed to their age with the exception of the individuals who are excessively youthful, making it impossible to deal with it (Anderson, Gaetz, & Masse, 2011).

In its most fundamental frame, First Aid is the underlying help given to a casualty of damage or ailment. Essential First Aid information is included moderately straightforward systems and strategies that can be performed with constrained hardware and is commonly completed until expert medicinal help arrives. The significance of First Aid is difficult to overestimate. The biggest advantages of First Aid are: It permits those prepared with the possibly lifesaving capacity to help a harmed or sick individual amid an assortment of

crisis circumstances (Ertl & Christ, 2007). In circumstances, for example, somebody ingests a hurtful substance, experiences a heart assault, a seizure or stroke, is included in an engine vehicle mischance or is gotten in a catastrophic event, a man prepared and educated in even the very essentials of First Aid can be of outrageous significance in helping the harmed person(s) until crisis responders arrive (Northridge, 2015). The more individuals that are First Aid prepared and proficient the more the group all in all advantages; Knowledge in First Aid benefits the people themselves paying little respect to whether a crisis influences them specifically or includes individuals they live and work with. Medical aid can and regularly diminishes the seriousness of a crisis in a given time and place (Aldana, 2013).

While everybody can profit by First Aid learning and preparing it is a much more noteworthy advantage to those working or living with people who require continuous exceptional consideration or treatment, for example, youngsters, people with physical or mental incapacities, people with perpetual disease, people with clutters, for example, epilepsy, the elderly, people required in recreational exercises, for example, swimming or individuals working in unsafe situations, for example, a plant or development site. Numerous organizations require all or a base measure of representatives to be prepared in First Aid and the sort and degree of the preparation relies on upon the specifics of the occupation (Van de Velde et al., 2012). Be that as it may, anybody working in high-chance situations ought to have essential First Aid learning paying little mind to business necessity. Mischances will dependably occur notwithstanding any measure of safeguard strategy and care. Along these lines, people who are legitimately prepared and with the right hardware are an enormous help in guaranteeing better security for



everybody. Without appropriate First Aid, a basic damage could get to be distinctly extreme and at times fatalities can happen therefore of absence of prompt medicinal treatment. Medical aid does not simply advance quicker recuperation it spares lives.

Repulsive however it might be, the reality remains that medical aid forever unit mischances happen. Notwithstanding encountering it as a spectator, a mischance is not a lovely scene. On the off chance that a mischance occurs in the working environment, one can't be a vulnerable observer, since basically remaining by can conceivably compounds the circumstance. This is the reason it's vital to have no less than a fundamental information of emergency treatment. At its most essential, emergency treatment is the underlying help given to a casualty of harm or disease. Contained moderately straightforward procedures that can be performed with simple hardware, emergency treatment is normally done by a layman until expert therapeutic help arrives. Giving snappy restorative treatment until expert help arrives. The significance of medical aid is difficult to overestimate (Anantharaman, 2011).

It manages individuals with the capacity to give assistance amid different crisis circumstances. On the off chance that somebody ingests dangerous substances, or endures wellbeing related issues like a heart assault, or if a cataclysmic event happens, a man proficient in emergency treatment turns out to be more than simply one more spectator. Rather, they turn into a precious support to casualties, as well as to proficient crisis responders and restorative experts. Emergency treatment guarantees that the correct techniques for overseeing restorative help are given (Donohoe et al., 2006). Knowing how to help a man is similarly as essential in crisis

circumstances. It just takes six minutes for the human cerebrum to lapse because of absence of oxygen. All things considered, clumsiness and deception won't be of much help to a man needing therapeutic help. Learning in emergency treatment likewise benefits the people themselves. Regardless of whether the crisis influences themselves specifically, or includes individuals they live and work with, medical aid stems the seriousness of a crisis in a given time and place (Chamberlain, 2005; Resuscitation Council (UK), 2005).

While everybody can profit by emergency treatment preparing, it might be more vital prerequisite for specific individuals. Individuals who teach and watch over kids in a perfect world ought to have the capacity to perform emergency treatment. Day mind focus faculty and babysitters ought to have the capacity to help youngsters quickly if there should be an occurrence of crises. Lifeguards ought to likewise be affirmed in emergency treatment methodology. Different organizations require their workers to be prepared in emergency treatment. The sort and degree of the preparation relies on upon the employment specifics. In any case, any individual who works in high-chance situations ought to have essential emergency treatment learning (Aldana, 2013). All things considered, numerous workers in manufacturing plants, machine shops and modern plants are given lessons in emergency treatment techniques. Mishaps will dependably happen. Along these lines, appropriately prepared people and the correct medical aid hardware help guarantee better wellbeing for everybody. Without the correct emergency treatment, a basic harm could transform into something considerably more extreme. Numerous fatalities coming about because of mishaps and crisis circumstances result from absence of prompt medicinal treatment. Emergency

treatment doesn't simply encourage recuperation. It spares lives (Northridge, 2015).

Human bodies are powerless to wounds, sicknesses and injury. One can never know when any harm may happen or their loved ones or the individuals who are around. In this manner it is constantly great to have some measure of essential information to deal with basic circumstances, to shield it from going from terrible to more terrible or till the restorative help arrives (Donohoe et al., 2006). Regulating medical aid to casualties in case of mischances, incidents and events amid office and school hours or on account of some mishap is empowered. One must know the nuts and bolts of overseeing medical aid and this information is picked up by getting prepared (Anderson et al., 2011).

The 5 best reasons why emergency treatment preparing is so imperative are counted beneath: Increases wellbeing: Prevention is the premise of medical aid preparing. Information of emergency treatment advances a feeling of security and prosperity among individuals. It prompts them to be more ready and safe in their environment. Spares lives: If a man who is prepared to give medical aid reacts to a loss in his region, prompt move can be made and lives can be spared. Eases torment: Minor wounds require a straightforward arrangement, for example, applying an ice pack or a brisk rub. A trek to the crisis room can be dodged if a First Aid prepared individual takes care of the casualty. Makes individuals more secure: dealing with the general population one knows amid a crisis helps one unwind and be more sure. Numerous crises are deteriorating in steady way, so it is imperative to deal with the underlying signs and indications. Giving impermanent medicines

which will shield the state of the casualty from disintegrating, till proficient help arrive

Information of medical aid advances a sound, secure and a more secure condition, and ingrains certainty among individuals, their families, their partners and partners. Essential medical aid learning is extremely useful in managing injury circumstances (Chamberlain, 2005). Not only the medicinal help they give, but rather the certainty they show is exceptionally useful amid losses. Being prepared to give emergency treatment is helpful to oneself and society (Resuscitation Council (UK), 2005).

### **Basic First Aid**

**Cardiopulmonary resuscitation (CPR).** CPR is the strategy that could have a significant effect to somebody's life. Cardiopulmonary revival (CPR) is an essential lifesaving method that includes trunk compressions and giving breaths (American Heart Association, 2010). This method can help keep oxygenated blood flowing in the body, which can help avert mind organ harm. CPR might be done when a man is hinting at no breathing or being lethargic, basic reason for this are heart failure, heart assault and hypersensitive response. It could likewise be expected to over-tanked, medications, stifling and close suffocating (Mayo Clinic, 2016). CPR comprises of 2 phases: trunk compressions (compelling pushing on the trunk to fortify the heart) and breathing system (mouth-to-mouth protect relaxing). Pushing rigid on the trunk is the most vital piece of CPR. It pumps blood to the mind and heart (St. John Ambulance, 2015). CPR must be finished by somebody who is sound and ready to finish the trunk compressions and give breaths, 30 pumps (trunk compressions) and two breaths is the present proposal (Hanushek, 2010).

As indicated by Mayo Clinic (2016), cardiopulmonary revival (CPR) ought to be done inside five to ten minutes of when the individual's breathing has ceased, in light of the fact that a man may pass out very quickly and will kick the bucket in five to ten minutes. Khan et al. (2010) focused on that CPR may amplify life for individuals who have simply all of a sudden quit relaxing. Thinks about demonstrated that individuals who have had CPR have the greatest opportunity to survive and can work the way they used to. CPR is an expertise that you have to learn by taking a licensed emergency treatment instructional class. It is imperative to know the best possible methodology and have drilled them previously. Besides, it will set up a man to intercede placidly and adequately in any restorative crisis (Mobarak, Afifi & Qulali, 2015).

**Choking and Near Drowning.** Food-choking can be hardly perceived some of the time, and regularly misconstrued as heart assault (Munroe, 2010). With sustenance stuck on their windpipe, they will be not able talk, hack, breath and potentially kick the bucket only any moment because of absence of oxygen (Mayoclinic, 2015). It is imperative that someone is learned in managing stifling individual. Stifling happens when an outside question, for example, nourishment totally hinder the aviation route (Cunha & Stoppler, 2015). Frequently sustenance is the guilty party much of the time of gagging particularly among grown-ups. Kids additionally surrender to stifling now and again.

As per Injury Facts (2016), stifling is the fourth driving reason for accidental harm passing. Nourishment stifling is an existence debilitating restorative crisis that is deadly in minutes since interfering with slices oxygen to the cerebrum. In this way, information on Heimlich move is exceptionally basic (Anderson et al., 2011). It is a crisis system for evacuating a remote

protest held up in the aviation route that is keeping the individual from breathing wherein the rescuer remains behind the casualty and encompasses his midriff. The rescuer makes a clenched hand with one hand and places the other hand on top, situated underneath the rib confine or more the midriff. The rescuer then applies weight by a progression of upward and internal pushes to drive the outside question move down the casualty's trachea (Family Education, 2016).

Be that as it may, if the casualty gets to be distinctly oblivious and the protest remains hold up on the individual, cardiopulmonary revival (CPR) ought to be finished. The trunk pressure utilized as a part of CPR may oust the question (Medical Red Cross, 2015). In addition, many individuals have been dealt with effectively from stifling with no changeless impacts. Then again, if treatment is fixed, the individual in the end bites the dust because of absence of oxygen (Anderson et al., 2011).

Then again, restoring somebody who has suffocated or gulped water is the other half, and it's similarly vital with regards to sparing an existence.

Restoring a man includes doing CPR revival. Obviously, you ought to actualize general wellbeing rules at whatever point conceivable. On the off chance that you have an aviation route sack in your medical aid pack, utilize it! It will give wellbeing amid mouth-to-mouth revival, keeping HIV and different contaminations under control (Eisenburger & Safar, 2009). As usual, call for help before starting these imperative medical aid crisis measures. The initial 48 hours after a suffocating episode can be the most unsafe. Complexities coming about because of water introduction; pneumonia, disease, heart disappointment, can all happen amid this time. In this way, you ought to

dependably take a suffocating casualty to the healing facility (Family Education, 2016). .

As indicated by World Health Organization in 2015 suffocating is in the third driving reason for unexpected demise around the world. In 2013, there were around 1.7 million instances of suffocating. In this manner, emergency treatment accordingly if a suffocating happens is the best approach to avert suffocating. Guaranteeing quick revival to the casualty can diminish the potential seriousness results.

**Injury.** Injury is damage to your body. It is a general term that alludes to hurt created by mischances. Wounds run from minor to an existence undermining circumstance, it can occur at work or play, inside or outside, driving an auto, or strolling over the road. Furthermore, muscle strains and falls, outings and slips are the most widely recognized wounds while cuts and consumes are the genuine risks in the friendliness and tourism industry (Skinner, Brown, Peat, & Muller, 2009).

Wounds are wounds that break the skin or other body tissues. These incorporate cuts, rub, scratches, and punctured skin. Scraped areas frequently happen on account of a mischance, they might be minor in the domain of work environment wounds however these ought to be dealt with promptly with emergency treatment. Another kind of damage to skin or different tissues is consume. Larger part of the consume cases are cause by bubbling fluids, solids or fire (Livingston, and Holland, & Dickson, 2006).

**Dressing and Bandaging.** Dressing and bandaging are the first aid both utilized as a part of wound administration. A swathe is a bit of fabric or other material used to tie or wrap an infected or harmed some portion of the body. Normally formed as a strip or cushion, wraps are either put specifically

against the injury or used to tie a dressing to the injury. A dressing can comprise of an extensive variety of materials, once in a while containing drug, put straightforwardly against the injury (Northridge, 2015). Also, dressing and wrapping has an indispensable influence of medical aid treatment. It includes help of agony, disease counteractive action, treatment and stun prevention. The reasons served by dressing incorporates securing wounds and counteract disease, retain any release, control draining and furthermore to permit recuperating. Wraps are utilized to hold dressing set up, bolster harmed appendages, immobilized moving and decrease swelling especially for lower legs, knees, wrists or elbows (Khan et al., 2010).

Wounds that get suitable and auspicious care are destined to recuperate in an adequate way. This information, and additionally the correct convention for extreme injuries and consumes, is basic to keeping up a sound and safe work environment (Ertl & Christ, 2007). Marine exercises regularly created of mischances. Stings and chomps of marine creatures, for example, jellyfish, ocean urchins and other ocean animals are the episodes which practically voyagers have endured amid their island excursion. Most responses to stings or chomps are redness, tingling, stinging or minor swelling. Be that as it may, wounds from different toxic ocean animals, for example, box jellyfish, stingray and stonefish causes extreme torment and can prompt genuine intricacies, for example, loss of motion, heart and breathing issues (Van de Velde et al., 2012)

**Bites or Stings.** An extreme, entire body unfavorably susceptible response is called hypersensitivity. This can be an existence debilitating if not treated quickly. In this way, legitimate learning and abilities about medical aid treatment and fundamental life support, is essentially imperative for this sort of



crisis. Moreover, not all chomps or stings are the same. That is the reason the correct utilization of emergency treatment medications must be taken diversely and most noticeably one ought to know when to look for legitimate medicinal help (Livingston et al., 2006). Sound judgment can be utilized as a part of all circumstances yet being learned and arranged might be the sharpest initial step of all. Acquaintance of emergency treatment technique and a very much loaded medical aid unit are the reason for a viable and helpful emergency treatment program. A very much loaded of emergency treatment pack and information about medical aid techniques could have any kind of effect to somebody's life (Khan et al., 2010).

Preparing of life-supporting medical aid (LSFA) in the undergrad stage may demonstrate a valuable methods for survival rates. In a review from Austria, it was found that preparation is an attainable recommendation for as youthful as 9-12 years of age who should be in a position to spare existences of casualties. Besides, Red Cross and medical aid training ought to be made mandatory since it can be a device of counteractive action. It was demonstrated that an absence of emergency treatment learning can expand the dangers related with local mischances. It is additionally equivalent to the past investigation of Mobarak et al. (2015) stressing the academic educational program and understudies' information about medical aid.

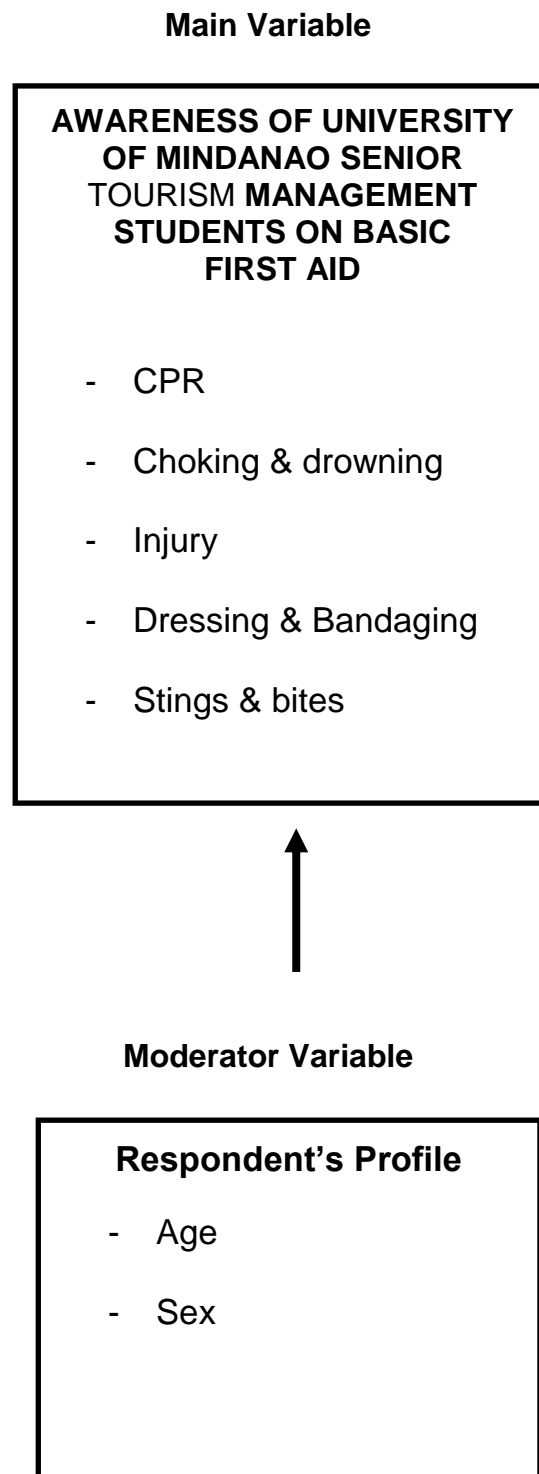
### **Theoretical and Conceptual Framework**

The study was anchored to the theory of first aid program education developed by Khan et al. (2010). They proposed that medical aid preparing system ought to be presented at schools and school levels in creating nations to diminish the early mortality and dreariness of mischances and crises. It is

certified the investigation of Khatatbeh (2016) in Jordan, wherein he presumed that to reduce early mortality and grimness of mishaps and crises, medical aid ought to be a standard part and separate course of instructive projects presented at optional and school levels.

Besides, it is associated with the investigation of Hanushek,(2010) expressing that a high caliber of instruction and adequate preparing is basic for the understudies to wind up distinctly one of the talented and profitable specialists in our general public. It would expand the amount of first aider in the business, and there ought to be an orderly instructing of medical aid abilities in schools and working spots.

The Conceptual framework is shown in Figure 1 consisting of the variable awareness of University of Mindanao tourism management students on basic first aid with indicators CPR, choking and near drowning, injury , dressing and bandaging, and stings and bites. The moderator variable is consisted of age and sex.



**Figure 1. Conceptual Framework showing the Variables of the Study**

## **Significance of the Study**

The findings of the study would benefit the following:

**Commission on Higher Education (CHED) Administrators.** The findings of the study would serve as the basis of Commission on Higher Education administrators study to formulate new laws and implement another memorandum orders regarding first aid training program to hospitality education courses.

**School Administrators.** The findings of the study would serve as the basis of the school administrators to incorporate to the curriculum of the hospitality education first aid training for tourism students. Furthermore, they will be able to develop a compulsory program that could help tourism students to be more effective and high qualified future tourism agents.

**Tour Guides.** The findings of the study would serve as the basis of the tour guides as the workers of hospitality and tourism industry to request compulsory training for them in first aid to equip them to administer basic first aid to the tourists in cases of emergency. Their primary duty is to keep the tourist safe and enjoy. Furthermore, this will give them courage to engage themselves to first trainings.

**Teachers.** The findings of the study would serve as the basis of the teachers to be appropriately trained as well in basic first aid to be able to help students in case of emergencies and be able to impart their knowledge to students.

**Tourism Students.** This study would provide insights to tourism students through recognizing the importance of knowledge and skills about first aid treatment and basic life support. Moreover, students will be

encouraged to equip themselves with first aid training and improve self-efficacy.

**Future Researchers.** The study would serve as the basis of the future researchers to conduct similar study, particularly factors influencing schools to make basic first aid compulsory in the school curriculum.

### **Definition of Terms**

The terms used in the study are defined conceptually and operationally as follows:

**Awareness.** Conceptually, this refers to the ability to directly know and perceive, to feel, or to be of events, or more broadly, it is the state or quality of being conscious of something (Wyart & Tallon-Baudry, 2009). Operationally, this refers to the UM Tourism management students being conscious of the basic first aid.

**UM Tourism Management Students.** Conceptually, the term means students taking up a degree to have a career in the field of tourism (Find University, 2013). In the study, they are the research respondents.

**Basic First-aid.** Conceptually, it is the assistance given to any person suffering a sudden illness or injury, with care provided to preserve life, prevent the condition from worsening, and/or promote recovery (Mayo Clinic, 2016). In the study, this is the basis for the assessment of the respondents, the main variable of the study.

## **Chapter 2**

### **METHODOLOGY**

This chapter presents methods that enabled researchers to come up with descriptive findings. Research design, research subject, research instrument and scaling, data gathering procedure, and statistical treatment of the data are indicated in the discussion.

#### **Research Design**

The study used the descriptive survey research design. Salmorin (2006) explained that descriptive survey is used when the objective of the study is to seek specific picture of the population under investigation in terms of their social and economic characteristics, opinions and their knowledge about, or behavior towards a certain phenomenon. This research design was fitting to investigate the level of awareness of the University of Mindanao senior tourism management students on basic first aid.

#### **Research Subjects**

The respondents in this study were the Ninety Seven (97) 4th year students who were enrolled in tourism management in the University of Mindanao Davao City. The research subjects of this study were the senior 4<sup>th</sup> year Tourism Management students exposed or unexposed to first aid training program between the periods of first semester and second semester of the school year 2016-2017. Purposive sampling technique was employed because the chosen respondents were the intention of the study. The study was conducted during the second semester of the school year 2016-2017.

### Profile of the Respondents

Table 1 presents the profile of the respondents consisting of age and sex with an overall frequency of 97 tantamount to 100 percent. In terms of age, most respondents taken for the study belong to the age bracket of 22-24 years old with the frequency of 40, which is equivalent to 41.2 percent; followed by the respondents within the age bracket of 19-21 years old with the frequency of 39, which is equivalent to 40.2 percent; next are the respondents within the age bracket of 25 and above with the frequency of 13, which is equivalent to 13.4 percent; lastly, those within the age bracket of 16-18 years old with the frequency of 5, which is equivalent to 5.2 percent. This means that majority of the respondents are 22-24 years old senior tourism management students. This implies that the graduating senior tourism management students who participated are mostly young adults with 22-24 years old. In terms of sex, the sex with the highest number of respondents is female respondents with the frequency of 58, which is equivalent to 59.8 percent, while the frequency of male respondents is 39, which is equivalent to 40.2

**Table 1**  
**Profile of the Respondents**

| Items           | Frequency | Percentage |
|-----------------|-----------|------------|
| <b>Age</b>      |           |            |
| 16-18 years old | 5         | 5.2        |
| 19-21 years old | 39        | 40.2       |
| 22-24 years old | 40        | 41.2       |
| 25 and above    | 13        | 13.4       |
| <b>Total</b>    | <b>97</b> | <b>100</b> |
| <b>Sex</b>      |           |            |
| Female          | 58        | 59.8       |
| Male            | 39        | 40.2       |
| <b>Total</b>    | <b>97</b> | <b>100</b> |

percent. This means that majority of the respondents are female senior tourism management students of the University of Mindanao.

### **Research Instruments**

In this study, the researchers used a modified questionnaire based on the related literatures and variables of the study. The first draft was forwarded to the research adviser for comments and suggestion then panel of experts was approached to validate the reliability of the said questionnaire. The questionnaire is divided into two parts as follows: The first part is the profile of the respondents consisting of age and sex. The second part is the level of level of awareness of the University of Mindanao senior tourism management students on basic first aid with indicators CPR, choking & drowning, injury, dressing & bandaging: and stings & bites.

Data collected was measured using the following scale:

| <b>Correct Answers</b> | <b>Range of percentage</b> | <b>Description</b> | <b>Interpretation</b>                                     |
|------------------------|----------------------------|--------------------|---|
| 5                      | 81-100                     | Very High          | The students are very aware of the basic first aid.       |
| 4                      | 61-80                      | High               | The students are aware of the basic first aid.            |
| 3                      | 41-60                      | Moderate           | The students are moderately aware of the basic first aid. |
| 2                      | 21-40                      | Low                | The students are least aware of the basic first aid.      |
| 1                      | 1-20                       | Very Low           | The students are not aware of the basic first aid.        |

### **Data Gathering Procedures**

The following steps were made by the researchers in conducting the study:



**Permission to conduct the study.** The researchers asked permission from the dean of the College of Hospitality Education to conduct surveys among intern students.

**Administration and retrieval of questionnaire.** Upon approval, questionnaires were personally distributed by the researchers and explained to respondents the purpose of the study and then automatically retrieved the questionnaires after answering.

**Analysis and interpretation.** Right after the data were gathered, the results were tallied and submitted to the statistician for further analysis and interpretation.

### **Statistical Treatment of the Data**

The following statistical tools were used in giving solution to the problem:

**Frequency Count.** This was used to determine the exact number of the respondents according to their respective profiles.

**Percentage.** This was used to determine the exact percentile of the respondents according to their respective profiles.

**Mean.** This was used to determine the level of awareness of University of Mindanao senior tourism management students on basic first aid.

**Analysis of Variance (ANOVA).** This was used to determine the significant difference on the awareness of the University of Mindanao senior tourism management students on basic first aid when analyzed according to age,

**T-test.** This was used to determine the significant difference on the awareness of the University of Mindanao senior tourism management students on basic first aid when analyzed according to sex.

## Chapter 3

### **ANALYSIS AND INTERPRETATION OF THE DATA**

This chapter presents the analysis and interpretation of the data. Discussions of topics are presented based on the tabulated data arranged as follows: Profile of the Respondents; Level of Awareness of University of Mindanao Senior Tourism Management Students on Basic First Aid; Test of difference on the Level of Awareness of University of Mindanao Senior Tourism Management Students on Basic First Aid when Analyzed by Sex; and, Test of difference on the Level of Awareness of University of Mindanao Senior Tourism Management Students on Basic First Aid when Analyzed by Age.

#### **Level of Awareness of University of Mindanao Senior Tourism Management Students on Basic First Aid**

Table 2 presents the level of awareness of the University of Mindanao senior tourism management students on basic first aid with an overall percentage of 45.81 or moderate level. This means that the level of awareness of the University of Mindanao senior tourism management students on basic first aid is moderate.

In terms of CPR, the average frequency is 47 while the percentage is 47 or moderate level. This means that the senior tourism management students are moderately aware of CPR. It implies that many students are still struggling to perform about Cardiopulmonary resuscitation (CPR) considering that only 47 percent are knowledgeable about it out of which many haven't performed CPR yet. According to American Heart Association (2010), CPR is

Table 2

**Level of Awareness of University of Mindanao Senior Tourism  
Management Students on Basic First Aid**

| <b>Indicators<br/>(7 items each)</b> | <b>Frequency<br/>of Correct Answers</b> | <b>Percent</b> | <b>Level of<br/>Knowledge</b> |
|--------------------------------------|---|----------------|-------------------------------|
| CPR                                  | 42                                      | 43.30          | Moderate                      |
|                                      | 38                                      | 39.18          | Low                           |
|                                      | 51                                      | 52.58          | Moderate                      |
|                                      | 47                                      | 48.45          | Moderate                      |
|                                      | 57                                      | 52.58          | Moderate                      |
| <b>Total</b>                         | <b>47</b>                               | <b>47</b>      | <b>Moderate</b>               |
| Choking and<br>Drowning              | 35                                      | 36.08          | Low                           |
|                                      | 38                                      | 39.18          | Low                           |
|                                      | 41                                      | 42.27          | Moderate                      |
|                                      | 51                                      | 52.58          | Moderate                      |
|                                      | 46                                      | 47.42          | Moderate                      |
| <b>Total</b>                         | <b>42</b>                               | <b>43</b>      | <b>Moderate</b>               |
| Injury                               | 54                                      | 55.67          | Moderate                      |
|                                      | 45                                      | 46.39          | Moderate                      |
|                                      | 50                                      | 51.55          | Moderate                      |
|                                      | 43                                      | 44.33          | Moderate                      |
|                                      | 54                                      | 55.67          | Moderate                      |
| <b>Total</b>                         | <b>49</b>                               | <b>51</b>      | <b>Moderate</b>               |
| Dressing and<br>Bandaging            | 46                                      | 47.42          | Moderate                      |
|                                      | 36                                      | 37.11          | Low                           |
|                                      | 45                                      | 46.39          | Moderate                      |
|                                      | 44                                      | 45.36          | Moderate                      |
|                                      | 52                                      | 53.61          | Moderate                      |
| <b>Total</b>                         | <b>44</b>                               | <b>46</b>      | <b>Moderate</b>               |
| Stings and bites                     | 36                                      | 37.11          | Low                           |
|                                      | 31                                      | 31.96          | Low                           |
|                                      | 46                                      | 47.42          | Moderate                      |
|                                      | 41                                      | 42.27          | Moderate                      |
|                                      | 48                                      | 49.48          | Moderate                      |
| <b>Total</b>                         | <b>40</b>                               | <b>42</b>      | <b>Moderate</b>               |
| <b>Overall</b>                       | <b>45</b>                               | <b>45.81</b>   | <b>Moderate</b>               |

the technique that could make all the difference to someone's life. Cardiopulmonary resuscitation (CPR) is an important lifesaving technique that involves chest compressions and giving breaths.

In terms of Choking and Drowning, the average frequency showed 42 with the percentage of 43 or moderate level. This means that the awareness level of senior tourism management students in assisting a person choked or drowned is moderate in level. It implies that less senior tourist management students know what to do in-case somebody choke or drown, which would be lucky if somebody who knows what to do is around. Cunha and Stoppler (2015) mentioned that in many instances of stifling, especially in grown-ups, a bit of sustenance regularly is the offender. Kids and newborn children regularly swallow little questions are at expanded danger of gagging and remote body aviation route obstacle because of juvenile aviation route and dental life systems. Then again, restoring somebody who has suffocated or gulped water is the other half, and it's similarly essential with regards to sparing an existence (Eisenburger & Safar, 2009).

In terms of injury, the average frequency is 49, which is equivalent to 51 percent described as moderate level. This means that the awareness level of senior tourism management students in applying first aid to injury is moderate. It implies that fifty percent of the senior tourism management students can assist a person who got injured inside the school campus. Ertl and Christ (2007) revealed that wounds that get suitable and convenient care are well on the way to recuperate in an adequate way. This learning and also the best possible convention for extreme injuries and consumes, is fundamental to keeping up a sound and safe working environment.

In terms of dressing and bandaging, the computed average frequency is 44 with the percentage of 46 or moderate level. This shows the moderate awareness of the senior tourism management students in dressing and bandaging wounds or burns. It implies that not all senior tourism management students know how to dress and bandage a wound, less are knowledgeable compared to those who are knowledgeable. Khan et al. (2010) emphasized that dressing and swathing has an indispensable influence of medical aid treatment. It includes help of agony, contamination aversion, treatment and stun discouragement. The reasons are served by dressing incorporates securing wounds and anticipate contamination, assimilate any release, control draining and furthermore to permit recuperating. Wraps are utilized to hold dressing set up, bolster harmed appendages, immobilized moving and decrease swelling especially for lower legs, knees, wrists or elbows.

In terms of stings and bites, the computed average frequency is 40 with the percentage of 42 described as moderate. This means that the senior tourism management students displayed moderate awareness in applying first aid to stings and bites. It means less than half of the senior tourism management students are able to assist individuals suffering from stings and bites. Livingston et al. (2006) stressed that proper knowledge and skills about first aid treatment and basic life support is significantly important for stings and bites emergencies. In addition, not all bites or stings are the same. That is why the right application of first aid treatments has to be taken differently and most prominently one should know when to seek proper medical assistance.

**Test of difference on the Level of Awareness of University of Mindanao Senior Tourism Management Students on Basic First Aid when Analyzed by Sex**

Table 3 shows the test of difference on the level of awareness of University of Mindanao senior tourism management students on basic first aid when analyzed by sex. The result of the computation showed that no significant difference was found out between male and female senior tourism management students when it comes to their awareness on basic first aid, particularly in dealing with CPR, Choking and Drowning, Injury, Dressing and Bandaging, and Stings and bites. This means that male and female showed the same level of awareness when it comes to basic first aid. This implies that both male and female senior tourism management students absorbed the same level of knowledge in various orientations and trainings. As Van de Velde et al. (2007) pointed out First Aid knowledge is invaluable for both male and female as individuals and for the community. It enables an individual to assist persons who become injured in the event of an accident or emergency situation until help arrives. First Aid skills can be applied in the home, the workplace or in public locations; therefore the more First Aid certified people there are in a community the safer that community becomes.

It could therefore be surmised that there is no significant difference on the level of awareness of University of Mindanao senior tourism management students on basic first aid when analyzed by sex.

Table 3

**Test of on the Level of Awareness of University of Mindanao Senior  
Tourism Management Students on Basic  
First Aid when analyzed by Sex**

| Indicators             | Sex    |      | t-value | P-Value | Decision on Ho |
|------------------------|--------|------|---------|---------|----------------|
|                        | Female | Male |         |         |                |
| CPR                    | 2.40   | 2.31 | 0.78    | 0.23    | Accept         |
| Choking and Drowning   | 2.10   | 2.28 | 0.56    | 0.45    | Accept         |
| Injury                 | 2.43   | 2.69 | 0.89    | 0.21    | Accept         |
| Dressing and Bandaging | 2.31   | 2.28 | 1.23    | 0.09    | Accept         |
| Stings and bites       | 2.12   | 2.03 | 1.45    | 0.09    | Accept         |



**Test of Difference on the Level of Awareness of University of Mindanao Senior Tourism Management Students on Basic First Aid when analyzed by Age**

Table 4 shows the test of difference on the level of awareness of University of Mindanao senior tourism management students on basic first aid when analyzed by age. The result of the computation showed that no significant difference was found out among the respondents with various age brackets, particularly in all the indicators CPR, choking and drowning, injury, dressing and bandaging, and Stings and bites. This means that the respondents of various age brackets showed the same level of awareness on basic first aid. This implies that the senior tourism management students of the University of Mindanao with different age levels manifested the same level of basic first aid awareness. Eisenburger and Safar (2009) emphasized that becoming First Aid certified not only benefits a person as an individual but it extends to the family, friends, co-workers and even the community as a whole, even children who can learn it may apply first aid; anybody can learn it young or old. As unpleasant as it is to talk about, accidents and emergency situations are not completely preventable or unavoidable. If an accident happens in the workplace, in the home or in a public space, being a helpless witness to an emergency situation can potentially worsen the situation. This is why it is very important for as many people as possible to have at least a basic knowledge of First Aid regardless of their age except those who are too young to handle it (Anderson, Gaetz & Masse, 2011).

Therefore, there is no significant difference on the level of awareness of University of Mindanao senior tourism management students on basic first aid when analyzed by age.

Table 4

**Test of difference on the Level of Awareness of University of Mindanao  
Senior Tourism Management Students on Basic  
First Aid when analyzed by Age**

| <b>Indicators</b>      | <b>F-value</b> | <b>P-Value</b> | <b>Decision on Ho</b> |
|------------------------|----------------|----------------|-----------------------|
| CPR                    | 0.30           | 0.83           | Accept                |
| Choking and Drowning   | 1.46           | 0.23           | Accept                |
| Injury                 | 1.08           | 0.36           | Accept                |
| Dressing and Bandaging | 1.43           | 0.24           | Accept                |
| Stings and bites       | 1.29           | 0.28           | Accept                |

## Chapter 4

### SUMMARY, CONCLUSIONS AN RECOMMENDATIONS

This chapter presents the result of the study in a nutshell consisting of summary, conclusions and recommendations.

#### Summary

The main objective of the study was to determine the level of awareness on basic first aid of the University of Mindanao senior tourism management students.

The findings of the study are summarized as follows:

1. The level of awareness of University of Mindanao senior tourism management students on basic first aid had an overall percentage of 45.81 or moderate level. The percentage of the indicators is summarized as follows: CPR with 47 percent; Choking and drowning with 43 percent; injury with 49 percent; dressing and bandaging is 44 percent; and stings and bites with 40 percent.

2. The result of the computation showed that no significant difference was found out between male and female senior tourism management students with various age brackets when it comes to their awareness on basic first aid, particularly in dealing with CPR, Choking and Drowning, Injury, Dressing and Bandaging, and Stings and bites.

#### Conclusions

Based on the findings of the study, the following conclusions are drawn:

1. The University of Mindanao senior tourism management students is moderately aware on basic first aid.

2. There is no significant difference on the level of awareness on basic first aid of the University of Mindanao senior tourism management students when analyzed according to the profile of the respondents.

### **Recommendations**

Based on the conclusions, the following recommendations are given:

1. The Commission on Higher Education administrators should formulate new policy and implement another memorandum orders regarding first aid training program to hospitality education courses considering that most respondents of the study only have moderate awareness.

2. The school administrators should incorporate in the curriculum of the hospitality education, the first aid training for tourism students. Furthermore, they will be able to develop a compulsory program that could help tourism students to be more effective and highly qualified future tourism agents complete with skills in basic first aid application..

3. The teachers must be appropriately trained as well in basic first aid to be able to help students in case of emergencies and be able to impart their knowledge to students.

4. The tourism students must recognize the importance of knowledge and skills about first aid treatment and basic life support and equip themselves with first aid training to improve their self-efficacy.

5. The future researchers may conduct similar study, particularly factors influencing schools to make basic first aid compulsory in the school curriculum.

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