



FIRST AID SOCIALIZATION AND HEALTHY WEEK MOVEMENT AS COMMUNITY EMPOWERMENT EFFORT IN RW-10 OF THE PATAM LESTARI SUB-DISTRICT

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Abstract. This community service program was carried out in RW 10, Patam Lestari Subdistrict, Sekupang District, Batam City, a densely populated area with high household activity. This condition generates large amounts of kitchen waste, mainly vegetable and fruit residues, which are usually discarded without treatment. Such practices contribute to environmental pollution and unpleasant odours, which are exacerbated by the community's limited understanding of organic waste management. The purpose of this program was to empower residents to process kitchen waste into liquid organic fertilizer using simple mini-composters. The implementation method was participatory, involving socialization, training, practice, and mentoring. The results showed increased community awareness in separating organic waste, skills in making mini-composters, and success in producing liquid organic fertilizer for home gardening purposes. Community participation, particularly among homemakers, was extremely high, promoting positive habits in waste management. This program has been proven to provide ecological benefits by reducing household waste and increasing economic value through the utilization of liquid organic fertilizer.

Keyword: Community service, first aid, fitness exercise, public health, empowerment.

INTRODUCTION

The Neighborhood Association (RW) 10 of the Patam Lestari Sub-district, Sekupang District, Batam City, is a densely populated residential area. This situation has led to a growing public demand for health-related knowledge, both for disease prevention and early emergency response (Ministry of Health of the Republic of Indonesia, 2021). One approach is through first aid outreach and the Healthy Sunday movement, a concrete step towards community empowerment.

In addition to emergency preparedness issues, modern lifestyles with low levels of physical activity also negatively impact public health. Lack of exercise is a significant contributing factor to the increased risk of non-communicable diseases, including hypertension, obesity, and diabetes (WHO, 2022). Therefore, a collective movement is needed to encourage the public to maintain physical fitness, one example of which is through the Healthy Week program.



Figure 1. Discussion with the Neighborhood Head regarding the condition of the RW-10 in the Patam Lestari community, and Residents' enthusiasm for participating in the Healthy Week exercise activities

Through first aid outreach activities and the Healthy Week movement, residents of RW-10 not only gained knowledge about simple emergency medical procedures but also became accustomed to maintaining their health through physical activity. This program is designed to enhance the community's capacity for independence and responsiveness in emergencies, while also promoting awareness of the importance of healthy eating patterns and healthy living.



Figure 2. First aid outreach process for the community

METHODOLOGY

This community service activity was implemented using a participatory approach. This method emphasizes the active involvement of the community as both the subject and the primary partner in all stages of implementation. This approach was chosen so that residents of RW-10 of



the Patam Lestari Sub-district, not only act as beneficiaries but also participate in the planning, implementation, and evaluation of the activity. It ensures that the results are more aligned with the community's real needs and have sustainability after the activity is completed.

Table 1. Activity Implementation Method

Stage	Partner Issues	Solutions Offered	Results Achieved
Problem Identification	Residents do not understand first aid and rarely exercise	Environmental observation and Discussion with Neighborhood officials and residents.	Mapped the basic needs of citizens related to health and fitness
Socialization	There is no targeted health agenda in RW- 10.	Prepare schedules, materials, and methods for community activities.	The activity plan is prepared in accordance with the residents' conditions and readiness.
Training and Practice	Residents are not yet accustomed to dealing with emergencies and are less active.	Direct training in basic first aid techniques and group exercise	Residents can try first aid practices and actively exercise.
Mentoring and Monitoring	Guidance is needed so that activities do not stop at the beginning.	Monitoring the sustainability of Healthy Week activities and community practices	Develop positive habits in the form of weekly exercise and citizen preparedness. Improve citizen skills.

RESULT AND DISSCUSION

A community service activity, including first aid awareness and a Healthy Sunday movement, was held in Neighborhood Association (RW) 10 of the Patam Lestari Sub-district, Sekupang District, Batam City. Approximately 40 participants, including homemakers, teenagers, and community leaders, participated in the program. Support from the Neighborhood Association (RW) officials ensured the program ran smoothly and generated high enthusiasm among residents.

The initial stage begins with education about the importance of first aid. The material is presented using everyday case examples, making it easy for participants to understand. After that, residents participated in direct practice, including how to stop light bleeding, steps to deal with unconscious individuals, and techniques for splinting injuries.



Figure 3. First aid demonstration by the facilitator

Observations showed that approximately 85% of participants were able to re-explain basic first aid steps after the outreach session. Furthermore, 70% of participants were able to perform simple practices, such as correctly bandaging a wound or applying a splint. It indicates an improvement in residents' ability to deal with emergencies.

The activity continued with a Healthy Sunday movement, featuring group fitness exercises. The exercises took place on the RW-10 field and were led by instructors. An average of 30 people attended each meeting, demonstrating the community's interest. In addition to the health benefits, the exercises also created a sense of togetherness and strengthened social interaction among residents.



Figure 4. Residents of RW-10 participate in the Healthy Sunday exercise activity.

In terms of benefits, this program not only raises public awareness of the importance of emergency preparedness but also encourages the development of healthy lifestyles. Residents are becoming accustomed to setting aside time for weekly exercise and are becoming more confident when facing emergencies.



Figure 5. Handing over first aid kits to representatives of RW-10 residents.

To support the program's sustainability, the implementation team also distributed first aid kits to community representatives. The kits contained basic supplies, including sterile gauze, elastic bandages, Band-Aids, medical gloves, and antiseptic solution. The goal was to ensure residents had standard equipment they could use immediately in the event of an emergency in their neighborhood.

By distributing first aid kits, residents not only gain skills but also the tools to apply the knowledge they have learned. It is expected to increase community preparedness in providing first aid before patients are transported to the nearest health facility.

Overall, these activities provide two main outcomes:

- Improving basic first aid skills, supported by the availability of first aid kits at the household level.
- The formation of a regular exercise habit through the Healthy Wee movement also strengthens social interaction among residents.
- Both are indicators that this activity has successfully supported community empowerment in the health sector practically and sustainably.

Data in graphical form.



Figure 7. Comparison of Activity Achievements.

The first graph shows the achievements of the first aid training in RW-10 of the Patam Lestari Sub-district. Of the 40 participants, 34 were able to re-explain basic first aid procedures after the training session. Meanwhile, 28 successfully performed simple exercises such as stopping minor bleeding and applying splints. In addition to the skills acquired, the training included the distribution of 20 first aid kits containing basic medical equipment. The availability of these kits provided tangible support, allowing the community to apply what they had learned immediately. Overall, these results demonstrate that residents not only understand the theory but also have practical readiness to deal with emergencies in their communities.



Figure 8. Results of the Healthy Week Gymnastics.

The second graph displays the level of community participation in the Healthy Sunday exercise program. Of the 40 participants who attended the initial activity, approximately 30 participants consistently attended. This participation indicates a high level of community interest



in collective physical activity. Exercise activities not only provide physical benefits, such as increased fitness, but also offer a space for social interaction that strengthens community bonds. Thus, Healthy Sunday serves a dual role: it serves as a means of regular exercise and a platform for fostering a culture of healthy living and social solidarity within RW-10.

CONCLUSION AND RECOMMENDATION

The implementation of first aid outreach activities and the Healthy Week movement in RW 10, Patam Lestari Sub-district, demonstrated that a simple yet targeted approach can have a significant impact on the community. Through outreach, field practice, and the distribution of first aid kits, residents gained knowledge and basic skills in dealing with emergencies. It strengthened community preparedness at the household and neighborhood levels. Furthermore, the regularly implemented Healthy Week program not only serves as a means of improving fitness but also fosters social solidarity among residents. Active community participation demonstrates that this activity is relevant to their needs and can also mark the beginning of a sustainable, healthy lifestyle culture.

Thus, this activity successfully demonstrated that community empowerment does not always require sophisticated technology, but rather involves building awareness, providing practical skills, and creating a space for community participation. This model has the potential to be replicated in other areas, thereby strengthening community capacity in health and improving daily quality of life.

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