

## Investigating the effect of Self-Aid training on on knowledge, attitude and performance of Army soldiers

Faeze Baniyaghoobi<sup>1</sup>, Farshid Alazmani Noodeh<sup>2</sup>, Mohammad Afshar Ardalan<sup>3</sup>, Monireh Ebadi<sup>4\*</sup>, Mahdi SHiri<sup>5</sup>, Ebrahim Hazrati<sup>6</sup>

**Background and Aim:** Wars have many consequences and damages. The most important of them is related to manpower. One of the most effective ways to maintain manpower is self-Aid, which reduces manpower losses and increases morale and confidence of operational forces. Therefore, the aim of this study was Investigating the effect of self-aid training on knowledge, attitude and performance of Army soldiers.

**Materials and Methods:** The present study was a quasi-experimental two-group intervention study (test and control) in 2021. Sampling was done by available at AJA barracks and 200 soldiers were randomly divided into two groups. The data collection tool was developed by the researcher and consisted of four sections: demographic information, Multi-choice knowledge assessment test, attitude scale questionnaire as a Likert scale and performance checklist, which was designed as yes / no and were completed before and after the intervention. Then data analysis was performed using descriptive and analytical statistics and Paired t- test and independent t-test under the SPSS v.22 program.

**Results:** Review of soldiers' demographic characteristics showed that 58% non-natives, 67.5% had infantry, 44% had undergraduate education, 86% were single and 73% had no history of self-help training. Based on the findings, according to the paired t-test, there was a significant difference between before and after attitude, knowledge and performance the soldiers ( $p < 0.001$ ).

**Discussion & Conclusion:** The results showed that soldiers' attitudes, knowledge and performance improved with self-aid education. one of the best and most effective ways to reduce casualties and vulnerabilities on the battlefield is to increase the knowledge and skills of military personnel through self-aid training. The positive attitudes, knowledge and performance of soldiers in the field of self-aid will effectively help ensure health and achieve military goals. Therefore, all armed forces, especially soldiers, must learn the principles of first aid and basic vital Actions.

**Keywords:** Soldier, self-aid, performance, army, military, training

- 1- Instructor, Department of Military Nursing, Faculty of Nursing, Aja University of Medical Sciences, Tehran, Iran.
- 2- Phd in Nursing ,Assistant Professor,Critical Care Nursing Department, Faculty of Nursing, Aja University of Medical Sciences, Tehran, Iran.
- 3- Internal Medicine Specialist, Medicin Department, Faculty of Medicin, Aja University of Medical Sciences, Tehran, Iran.
- 4- Instructor, Department of Military Nursing, Faculty of Nursing, Aja University of Medical Sciences, Tehran, Iran.(corresponding author); Email: monireh.ebadi349@gmail.com , Cell phone: 02177500201
- 5- Assistant Professor of Pharmacology and Toxicology ,Department of Pharmacology, School of Medicine, AJA University of Medical Sciences, Tehran, Iran.
- 6- Associate Professor, Department of anesthesiology and critical care , Aja university of medical sciences, Tehran, Iran.