

# A RESULT OF CLIMBERS' KNOWLEDGE OF FIRST AID FOR HYPOTHERMIA ON MOUNT MERBABU

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## ABSTRAK

**Background:** Hypothermia is a medical emergency that frequently occurs among mountain climbers, especially in cold areas such as Mount Merbabu. A lack of knowledge about first aid can worsen the condition and endanger the climbers' safety. This study aims to describe the level of climbers' knowledge regarding first aid for hypothermia on Mount Merbabu. **Methods:** This study used a quantitative method with a descriptive design and a survey approach. Data were collected using a questionnaire administered to 94 respondents selected through accidental sampling at the Mount Merbabu basecamp. **Results:** The results showed that the majority of respondents had a good level of knowledge (60.6%), followed by moderate (37.2%), and poor (2.1%). Most respondents were aged 17–25 years, had a high school education (SMA/SMK), obtained information mainly from social media, and had 4–10 hiking experiences. **Conclusion:** The study concludes that most climbers on Mount Merbabu have a good understanding of first aid for hypothermia. However, additional education through social media or hiking communities is still needed to strengthen their understanding of this outdoor emergency.

**Keywords:** Hypothermia, Climbers, First aid, Knowledge level