

The Effect of a Training Program (Physical - Awareness - Health) On Some Physical Abilities of the First Aid Personnel of the Babylon Police

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Abstract

The purpose of the study was to preparing a training program (physical - awareness - health) for first aid operations for the members of the research sample, and identifying the effect of the training program on some of the physical capabilities of first aid for Babylon police personnel.

The researchers followed the experimental approach by designing one group with two tests, pre and post-tests, and the research community was determined by the employees of the Babylon Police, as their number reached (100) members, a sample of which was chosen from that community, represented by the best (10) members with a highly disciplinary history according to the process of selective control in the experimental design that It consists in selecting some attributes or variables related to the dependent variable.

The health awareness physical training program had a positive effect on the skill performance of first aid among the research sample members of the tactical team of the Babylon Governorate Police, as there was a development in physical abilities (endurance of speed, endurance of force) in the post-tests.

Introduction:

It is well known that first aid is the primary, immediate and temporary care and care for minor and sudden accidents that a person is exposed to, specifically those that result in bruises or certain wounds, and although it is a temporary treatment, it may save the life of a person who needs many of us in his daily life, in addition to that first aid the priority is that it is one of the means of survival for some people who are exposed to accidents, injuries or sudden attacks, where the person then needs someone to help him to overcome the disease crisis he is going through.

First aid is the initial assistance provided to a person afflicted with a sudden illness or accident, in order to preserve the life of the injured and prevent any complications until the injured is brought to the nearest health center or hospital to receive appropriate treatment, and that whoever performs the task of first aid assumes important responsibilities in carrying out Comprehensive assessment of the accident and the situation that resulted from it, then diagnosing the condition of the injured, then the initiative to apply the appropriate and adequate initial treatment quickly and treat the single or multiple injuries that befell the injured and follow the priority in treatment in the event of several people injured at the same time, and therefore first aid is necessary for human life.

Because it saves the lives of hundreds or even thousands of injured people accidents that occur in wars, battles and many other accidents, and the most important thing in first aid is awareness and the ability to identify the type of injury at the time of the accident.

Policemen are always in constant work with the pursuit of crime and its perpetrators, as they are exposed to many duties and raids, and sometimes many of them are injured during the implementation of duties. The most experienced paramedic has the ability to act In the event of an accident occurring more than the less experienced member, the experience in first aid, evacuating and transporting the injured plays a major role in reducing the damages of accidents and injuries and preserving the lives of the affiliates in battles, raids, wars and others, due to the occurrence of injuries or accidents directly in front of them, which requires good behaviour and quick intuition and finding Appropriate solutions in the shortest possible time, and this shows that the nature of the work-life of the internal employees imposes on the paramedic staff the importance of participating in the training courses for first aid.

Therefore, training and raising the physical and functional efficiency of the internal police personnel requires the development of a health awareness program that suits their levels to develop first aid operations, find information and make proposals for them, hence the importance of the current study.

Research problem:

The awareness of carrying out field duties, raids and fighting battles is one of the most common matters among police personnel, and this awareness has become more important and necessary at the present time due to the various difficult conditions that the country is going through, including wars and criminals wanted for justice. The police are considered a source of stability and security in the country, so their members had to sacrifice in order for the citizen to enjoy security and safety. Through the battles and raids that the policemen fought in the fields of war, we found there was a weakness in the health awareness and functional capabilities of paramedics during the performance of first aid and its concepts and the failure to deal or correct behavior with Field injuries while they occur, knowing that the duties of first aid fall upon them due to the injuries or sudden accidents they face during battles and systematic and extracurricular raids. This is what prompted the two researchers to delve into this problem and address the apparent weakness of health awareness and physical competence processes and their development in order to help their other colleagues during their exposure to injuries as part of their voluntary duties to achieve the basic principles of life in building positive social values and behavior controls for public service and community preservation.

Research objective:

Preparing a training program (physical - awareness - health) for first aid operations for the members of the research sample, identifying the effect of the training program on some of the physical abilities of first aid for Babylon police personnel.

Research hypotheses:

The training program had a positive impact on developing some special physical abilities in first aid operations for Babylon police personnel.

Research fields:

It was represented by the employees of the Babylon Police, as their number reached (100) members, and the time of conducting the experiment was from 10/12/2020 to 20/3/2021. As for the place of conducting exercises and field experiments, the researchers chose the squares and training halls for the province of Babylon.

Research methodology and field procedures:

Research Methodology:

The experimental method was used as it fits with the nature of the research problem, and by designing a single group method with two pre and post-tests.

Community and sample research:

The research community was determined by the employees of the Babylon Police, as their number reached (100) members, a sample was chosen from that community, represented by the best (10) members with a highly disciplinary history according to the process of selective control in the experimental design, which is the selection of some characteristics or variables related to the dependent variable.

Physical aptitude test:

Shuttle run test from high start (25*8) ⁽¹⁾:

Purpose of the test: To measure the speed endurance of the muscles of the legs.

Performance specifications:

Two parallel lines are drawn with a distance between them (25 m). The player stands at the starting line and at the start signal he runs at full speed towards the second line to touch it with his foot and then turns to return to the starting line. This performance is repeated (8) times so that the distance covered becomes $8 \times 25 = 200$ m.

Recording: The player records the time he took to travel the distance (8 x 25) per second and its parts.

The test of bending and extending the arms from the front-facing position for a period of (30) seconds ⁽²⁾:

Purpose of the test: To measure the strength endurance of the muscles of the arms.

Performance specifications:

At the start signal from the front standing position, the tester constantly bends and extends the arms for a period of (30) seconds so that the player's chest touches the ground each time when bending, and the elbows extend completely from the extension.

Recording: The player records the correct number of times it performs within (30) seconds.

Vertical jump test from the knees position (half bent) for 30 seconds ⁽²⁾:**Purpose of the test:** To measure the strength endurance of the muscles of the legs.

Performance specifications:

When starting from the position (the knees are half-bent) the tester jumps high so that the knees extend completely and the feet leave the ground in each jump, the tester continues to jump for (30) seconds.

Recording: The laboratory records the number of jumping times within (30) seconds.

Exploratory experiment:

The researchers conducted an exploratory experiment on a sample of 6 players, the purpose of which was:

- Knowing the time taken to perform the test.
- Identify the difficulties that the researcher may face in the course of his work and develop appropriate solutions to them.
- Ensure the validity of the devices and tools used.
- Ensuring the adequacy of the auxiliary work team.

- Identify errors in advance before conducting the main experiment.

Main experience:

Pre-tests:

The two researchers conducted the pre-test on 12/1/2021 at exactly ten o'clock.

Preparing the training program (physical - awareness - health):

The researchers prepared the training program exercises (physical - awareness - health) in a scientifically correct manner according to the players' physical and functional ability.

Post-tests: After completing the application of the units, the researchers conducted post-tests on 15/2, 2021.

Statistical methods: The search data was processed through the Statistical Package for the Social Sciences (SPSS).

Presentation, analysis and discussion of the results:

Table (1) shows the statistical parameters of the experimental group in the pre and post-tests

Variables	Measuring unit	Pre-test		Post-test		T value	Sig level	Sig type
		Mean	standard deviation	Mean	standard deviation			
Shuttle run test from high start (25*8)	sec	41.397	1.183	40.982	0.401	1.191	0.272	Non sig
bending and extending the arms from the front-facing position	Count	29.625	0.916	31	1.309	7.514	0.00	sig
Vertical jump test from the knees position (half bent)	Count	23.5	1.195	25	0.925	4.583	0.003	sig

The results presented in Table (1) showed significant differences between the pre and post tests for the members of the experimental group. It aims to develop the physical capabilities, including endurance of speed among the sample members, as well as regular training that helped avoid stress and involve the largest number of muscle groups that are related to the nature of work, and this was confirmed when he pointed out that continuous sports training achieves functional adaptation and raises the level of physical fitness, especially Comprehensive development of endurance strength, speed endurance, periodic and respiratory endurance.. These elements require determination and strong determination during the performance⁽³⁾.

Following the scientific foundations and principles of training in the preparation of physical exercises by the researchers helped to bring about the desired positive effect, as it was prepared according to the anaerobic lactic energy system, and this helped to bring about good adaptations in the organs and organs of the body through the development of endurance components and increase the efficiency of muscles to withstand a high degree From the acidity generated from the accumulation of lactic acid and metabolic wastes in the muscles, at the same time increasing the efficiency of the heart and blood circulation in delivering sufficient amounts of oxygen to the muscles to complete the metabolic processes to produce the energy needed for performance and rid the muscles of the waste products resulting from these metabolic processes.

The researchers adopted the correct scientific method according to the physiological foundations in preparing the exercises in the training program, which led to the harmony between the external load and the internal load and the latest functional adaptations of the two systems (circulatory and respiratory) and its suitability with the capabilities of the physical sample members, as the work was with high-intensity training (80-90%). Which had a positive role in developing their capabilities in (endurance of force), as the exercises led to reaching a good level through the pre and post-tests.

Conclusions and Recommendations:

Conclusions:

Based on the research results that were reached within the limits of the research community, the following conclusions were reached:

- The health awareness physical training program had a positive effect on the skill performance of first aid among the research sample members of the tactical team of the Babylon Governorate Police.
- There is a development in the physical abilities (endurance of speed, the endurance of force) in the post-tests, carrying out the implementation of the training units included in the program for the members of the research sample.

Recommendations:

- 1 - The necessity of conducting these programs on all employees of the Ministry of Interior and Defense, because they are in dire need of such health awareness programs, especially during the implementation of combat duties, and that they do not limit themselves to emergency teams.
- 2- One of the most important features of the ambulance man is that he has physical fitness that helps him in implementing the skills of first aid and medical evacuation.
- 3- Conducting similar studies on other groups.

References:

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