ABSTRACT

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DIFFERENCES IN ADDITION PURSED LIP BREATHING EXERCISE AND DIAFRAGHMATIC BREATHING EXERCISE INTERVENTION IN JET NEBULIZER PACKED TO DECREASE DEGREES IN ASTHMA PATIENTS.

Composed Chapter VI, 57 pages, 10 pictures, 4 Scheme, 9 tables, 6 Attachment

Objective: To determine differences in the addition of pursed lip breathing exercise and breathing exercise interventions diafraghmatic jet nebulizer against degradation of tightness in asthmatics. Methods: The study was conducted by quasi experimental method to find out the results of an intervention difference in comparison with other interventions on the subject of research. The sample consisted of 16 people diagnosed with moderate to severe persistent asthma. The samples were divided into two treatment groups, group 1 consisted of 8 people with intervention provided is inhalation therapy in the form of a jet nebulizer coupled with pursed lip breathing exercise and treatment group 2 consisted of 8 people with the intervention of inhalation therapy in the form of a jet nebulizer coupled with diafraghmatic breathing exercise. Results: The test results with Shapiro Wilk normality test results obtained were not normally distributed data obtained while using the homogeneity test Levene's test data obtained has a homogeneous variant. Hypothesis test results in treatment group 1 with the Wilcoxon signed ranks test p value = 0.010 which means there is the effect of adding pursed lip breathing exercise on a jet nebulizer to the degradation of tightness in asthmatics. In the treatment group 2 performed with the same test is the Wilcoxon signed ranks test that has a value of p = 0.011, which means the addition diafraghmatic on jet nebulizer breathing exercise influence in an effort to reduce the degree of tightness in asthmatics. And to test the significance of the two samples tested treatment Mann Whitney U test p value = 0.001 which indicates that there are differences between the treatment effect of the treatment groups 1 and 2. Conclusions: Extra diafraghmatic breathing exercise on a jet nebulizer intervention has more influence on demotion tightness in asthmatics.

Keywords: pursed lip breathing exercise, breathing exercise Diafraghmatic, Asthma.