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PERBEDAAN PENAMBAHAN *PURSED LIPS BREATHING* PADA INTERVENSI SENAM HAMIL DAN *STATIC BICYCLE* TERHADAP PENINGKATAN KEBUGARAN IBU HAMIL

Terdiri VI Bab, 92 Halaman, 8 Tabel, 8 Gambar, 4 Grafik, 4 Skema, 5 Lampiran

Tujuan: Penelitian ini bertujuan untuk mengetahui perbedaan penambahan *pursed lips breathing* pada intervensi senam hamil dan *static bicycle* terhadap peningkatan kebugaran ibu hamil. **Metode:** Penelitian bersifat kuasi eksperimental untuk mengetahui efek dari intervensi yang dilakukan terhadap obyek penelitian. Sampel berjumlah 12 orang yang dipilih berdasarkan teknik *purposive sampling* dan dibagi menjadi dua kelompok masing-masing 6 orang. Kelompok perlakuan I diberikan intervensi senam hamil dengan *pursed lips breathing* dan kelompok perlakuan II diberikan intervensi *static bicycle* dengan *pursed lips breathing*. **Hasil:** Uji Normalitas diperoleh data berdistribusi normal, sedangkan Uji Homogenitas diperoleh data tidak homogen. Hasil nilai VO_{2max} pada kelompok I diperoleh *mean* sebelum intervensi $13,74 \pm 1,23$, sesudah intervensi $21,61 \pm 0,90$. Pada kelompok II diperoleh *mean* sebelum intervensi $14,15 \pm 0,39$, sesudah intervensi $23,60 \pm 1,10$. Uji hipotesis I dan II menunjukkan bahwa penambahan *pursed lips breathing* pada senam hamil dan *static bicycle* secara bermakna dapat meningkatkan kebugaran ibu hamil ($p < 0,05$). Uji hipotesis III ($p < 0,05$) menunjukkan bahwa penambahan *pursed lips breathing* pada *static bicycle* lebih baik dalam meningkatkan kebugaran ibu hamil. **Kesimpulan:** Ada perbedaan antara penambahan *pursed lips breathing* pada senam hamil dan *static bicycle* terhadap peningkatan kebugaran ibu hamil.

Kata Kunci: senam hamil, *static bicycle*, *pursed lips breathing*, kebugaran ibu hamil.



ABSTRACT

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THE DIFFERENCES OF ADDITIONAL PURSED LIPS BREATHING OF PREGNANCY EXERCISE AND STATIC BICYCLE INTERVENTION ON IMPROVING PREGNANCY FITNESS

Consists of VI chapters, 92 pages, 8 tables, 8 images, 4 graphs, 4 schematics, 5 attachments

Objective: This study aims to determine the difference of additional pursed lips breathing on pregnancy exercise and static bicycle intervention on improving pregnancy fitness. **Methods:** This study is a quasi experimental research to determine the effect of intervention on the object of research. The sample consisted of 12 selected based on purposive sampling technique and was divided into two treatment groups, consisted of 6 people. The treatment group I were given pregnancy exercise intervention with pursed lips breathing and The treatment group II were given static bicycle intervention with pursed lips breathing. **Results:** Normality test indicates that data is normally distributed while homogeneity tes indicates that data have no homogeneous. The result of $VO_2\max$ on group I obtained mean value before intervention $13,74\pm 1,23$, after intervention $21,61\pm 0,90$. Group II obtained mean value before intervention $14,15\pm 0,39$, after intervention $23,60\pm 1,10$. Hypothesis test I and II obtained additional Pursed Lips Breathing of pregnancy exercise and static bicycle can improve pregnancy fitness ($p<0,05$). Hypothesis test III ($p<0,05$) show that additional pursed lips breathing of static bicycle is better on improving pregnancy fitness. **Conclusion:** There is a difference between additional pursed lips breathing of pregnancy exercise and static bicycle on improving pregnancy fitness.

Keywords: pregnancy exercise, static bicycle, pursed lips breathing, pregnancy fitness.