

ABSTRAK



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Perbedaan penambahan *Buteyko Breathing Technique* dengan *Pursed Lip Breathing* pada *Postural Drainage* terhadap Arus Puncak Ekspirasi dan Derajat Sesak Napas pada Asma Bronchial.

Terdiri VI Bab, 75 Halaman, 10 Tabel, 15 Gambar, 7 Lampiran

Tujuan: Untuk membedakan penambahan *buteyko breathing technique* dengan *pursed lip breathing* pada *postural drainage* terhadap arus puncak ekspirasi (APE) dan derajat sesak napas pada asma. **Metode :** Dengan jenis penelitian *quasi eksperiment pre dan post design group*, Sampel diambil dari populasi asma di RS Krakatau Medika dengan 18 orang pasien dikelompokan menjadi 2 kelompok. Kelompok I dengan intervensi *buteyko breathing technique* pada *postural drainage*, dan kelompok II dengan intervensi *pursed lip breathing* pada *postural drainage*, berdasarkan *purposive sampling*. Peningkatan APE diukur dengan peak flow meter dan penurunan nilai derajat sesak napas diukur dengan modified borg scale dyspnea index. **Hasil:** Uji normalitas dengan *shapiro wilk test* data berdistibusi normal sedangkan uji homogenitas dengan *levene's test* data bervarian homogen. Hasil uji dengan *paired sample t-test* didapatkan nilai $p < 0.0001$ dan nilai $p = 0.0001$ pada peak flow meter sedangkan $p < 0.0001$ dan $p < 0.0001$ pada modified borg scale dyspnea index kelompok I dan II. Pada hasil *independent sample t-test* menunjukkan nilai $p= 0,02$ untuk peningkatan APE dan nilai $p= 0,03$ untuk penurunan derajat sesak napas. Kesimpulan: Ada perbedaan yang signifikan penambahan *buteyko breathing technique* dengan *pursed lip breathing* pada *postural drainage* terhadap APE dan derajat sesak napas pada asma.

Kata Kunci : Buteyko breathing technique, pursed lip breathing, postural drainage, asma bronchial.

ABSTRACT



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Difference in Addition of Buteyko Breathing Technique with Pursed Lip Breathing on Postural Drainage to Expiratory Peak Flow and Degrees of Breathlessness in Bronchial Asthma.

Consists of VI Chapter, 75 Pages, 10 Tables, 15 Images, 7 Appendix

Objective : To know the difference of effect buteyko breathing technique with pursed lip breathing on postural drainage to expiratory peak flow (EPF) and degrees of breathless in asthma. **Methods :** This study was quasi experiment study pre-test post-test design group. Samples were taken from asthma population at Krakatau Medika Hospital, which consisted 18 patient were grouped into 2, Group I with intervention buteyko breathing technique and postural drainage, group II with intervention pursed lip breathing and postural drainage. The EPF was measured using peak expiratory flow and degrees of breathless using modified borg scale dyspnea index. **Result :** normality test with Shapiro Wilk test obtained normal distributed data while homogeneity test with Levene's test data is homogeneous variant. Paired sample t-test, showed $p < 0.0001$ and $p = 0.0001$ in peak expiratory flow and then $p < 0.0001$ and $p < 0.0001$ in modified borg scale dyspnea index. The independent t-test showed $p = 0.02$ in peak expiratory flow and $p = 0.03$ in degree of breathless. **Conclusion :** There is a significant difference in the addition of buteyko breathing technique with pursed lip breathing on postural drainage to expiratory peak flow and degrees of breathless in asthma.

Keywords : Buteyko breathing technique, pursed lip breathing, postural drainage, asthma bronchial.