



ABSTRAK

SKRIPSI, Agustus 2017

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PERBEDAAN EFEK SENAM ASMA DAN SENAM *TAI CHI* TERHADAP PENINGKATAN KAPASITAS VITAL PARU PADA PENDERITA RIWAYAT ASMA BERDASARKAN UJI *SIX MINUTE WALK TEST*

Terdiri dari VI Bab, 70 Halaman, 9 Tabel, 4 Gambar, 4 Skema, Lampiran

Tujuan: untuk mengetahui apakah ada perbedaan efek antara senam asma dan senam *tai chi* terhadap peningkatan kapasitas vital paru pada penderita riwayat asma. **Metode:** penelitian ini bersifat *quasi exsperiment* dengan *pre test-post test design control group*, dimana peningkatan kapasitas vital paru diukur dengan menggunakan *six minute walk test*. Sample terdiri dari 20 orang lansia di Pakuhaji Tangerang dan dipilih dengan *purposive sampling*. Sample dikelompokkan menjadi 2 kelompok, kelompok perlakuan I terdiri dari 10 orang sample diberikan senam asma dan kelompok perlakuan II terdiri dari 10 orang diberikan senam *tai chi*. **Hasil:** uji normalitas dengan *shapiro wilk test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *levens test* didapatkan data memiliki varian homogen. Hasil uji hipotesa pada kelompok perlakuan I dengan *Paired Sample t-Test*, didapatkan nilai $p=0,001$ yang berarti senam asma dapat meningkatkan kapasitas vital paru pada penderita riwayat asma. Pada kelompok perlakuan II dengan *Paired Sampel t-Test*, didapatkan nilai $p= 0,001$ yang berarti senam *tai chi* dapat meningkatkan kapasitas vital paru pada penderita riwayat asma. Pada hasil *Mann whitney u test* menunjukkan nilai $p= 0,646$ yang berarti senam asma dan senam *tai chi* sama baiknya dalam meningkatkan kapasitas vital paru. **Kesimpulan:** senam asma dan senam *tai chi* sama baiknya dalam meningkatkan kapasitas vital paru.

Kata Kunci : *Exercise for asthma, senam tai chi, six minute walk test.*



ABSTRACT

SKRIPSI, August 2017

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DIFFERENCE IN THE EFFECTS OF ASTHMA GYMNAS TIC AND TAI CHI GYMNAS TIC ON THE INCREASE OF VITAL LUNG CAPACITY IN PATIENTS WITH A HISTORY OF ASTHMA BASED ON THE SIX MINUTE WALK TEST

Consist of Chapter VI, 70 pages, 9 tables, 4 Pictures, 4 Schemes, attachments

Objective: To know the difference effect of asthma gymnastic and tha chi gymnastic on the increase of vital lung capacity in patients wwith a history of asthma. **Methods:** this research is quasi experiment with pretest-posttest design control group, where vital lung capacity is measured using six minute walk test. The sample consists of 20 patients with a history of asthma at Pakuhaji Tangerang and selected by purposive sampling. The samples were grouped into 2 groups, the treatment group I consisted of 10 samples who were given asthma gymnastic and the second treatment group consisted of 10 samples given tai chi gymnastic. **Results:** normality test with shapiro wilk test obtained normal distributed data while homogeneity test with levene's test obtained data have homogeneous variant. The result of hypothesis test in treatment group I with Paired Sample t-Test, got p-value = 0,001 which means there is increase of vital lung capacity in patients with a history of asthma after giving gymastic of asthma. In the treatment group II with Paired Samples t-Test, got p-value = 0,001 which means there is increase of vital lung capacity in patients with a history of asthma after giving tai chi gymnastiic. On the result mann whitney u test showed p-value = 0.646 which means there is a which means there is a gymnastic asthma and tai chi gymnastics are as good to improving the vital capacity of the lung. **Conclusion:** the gymastic of asthma and tai chi gymnastics are as good to improving the vital capacity of he the lung in patients with a history of asthma .

Keywords: *Exercise for asthma, tai chi exercise, six minute walk test.*