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PERBEDAAN EFEK THORACAL EXPANSION EXERCISE (TEE) DENGAN DIAPHRAGMATIC RELEASE TECHNIQUE (DRT) TERHADAP EKSPANSI THORAKS PADA KASUS PENYAKIT PARU OBSTRUKTIF KRONIS (PPOK)

Terdiri dari VI BAB, 72 halaman, 11 tabel, 5 grafik, 9 gambar, 6 lampiran

Tujuan: Untuk mengetahui perbedaan efek *Thoracal Expansion Exercise* (TEE) dengan *Diaphragmatic Release Technique* (DRT) terhadap ekspansi thoraks pada kasus Penyakit Paru Obstuktif Kronis (PPOK). **Metode:** Penelitian ini bersifat *Experimental* dan *pre-post test control group design*. Sampel terdiri dari 18 orang yang dikelompokkan menjadi Kelompok perlakuan I dengan TEE dan kelompok perlakuan II dengan DRT. **Hasil:** Uji normalitas Shapiro Wilk data berdistribusi normal dan uji homogenitas Levene's Test data homogen. Hipotesa I menggunakan Paired Sample T-Test didapatkan nilai ekspansi thoraks (ET) sebelum $\text{mean} \pm \text{SD} = 1,58 \pm 0,58$ dan sesudah $\text{mean} \pm \text{SD} = 2,13 \pm 0,73$ dengan $p\text{-value} = 0,003$. Hasil spirometri didapatkan nilai FEV1 kelompok I sebelum $\text{mean} \pm \text{SD} = 51,35 \pm 15,69$ dan sesudah $\text{mean} \pm \text{SD} = 56,25 \pm 18,50$ serta $p\text{-value} = 0,002$. Hipotesa II menggunakan Paired Sample T-Test didapatkan nilai ET sebelum $\text{mean} \pm \text{SD} = 1,37 \pm 0,49$ dan sesudah $\text{mean} \pm \text{SD} = 2,31 \pm 0,67$ dengan $p\text{-value} < 0,001$. Hasil spirometri FEV1 Kelompok II sebelum $\text{mean} \pm \text{SD} = 48,93 \pm 13,67$ dan sesudah intervensi $\text{mean} \pm \text{SD} = 54,14 \pm 13,86$ serta $p\text{-value} < 0,001$. Hipotesa III menggunakan Independent sample T-test terhadap nilai selisih ET antara kelompok I dan kelompok II dengan $p\text{-value} = 0,031$. Hasil spirometri FEV1 selisih sebelum dan sesudah intervensi kelompok I $\text{mean} \pm \text{SD} = 4,90 \pm 3,31$ serta nilai selisih FEV1 sebelum dan sesudah intervensi kelompok II $\text{mean} \pm \text{SD} = 5,21 \pm 2,54$ serta $p\text{-value} = 0,827$. **Kesimpulan:** Ada perbedaan efek antara *Thoracal Expansion Exercise* (TEE) dengan *Diaphragmatic Release Technique* (DRT) terhadap ekspansi thoraks pada kasus Penyakit Paru Obstuktif Kronis (PPOK).

Kata kunci : *Thoracal Expansion Exercise* , *Diaphragmatic Release Technique*, Ekspansi thoraks , Penyakit Paru Obstuktif Kronis

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THE DIFFERENCE OF THE EFFECT OF THORACAL EXPANSION EXERCISE (TEE) WITH DIAPHRAGMATIC RELEASE TECHNIQUE (DRT) ON EXPANSION OF THORAKS IN THE CASE OF CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

Consist VI chapter, 72 pages, 11 table, 5 graphics, 9 pictures, 3 attachment

Objective: To determine the difference in the effect of Thoracal Expansion Exercise (TEE) with Diaphragmatic Release Technique (DRT) on thoracic expansion in the case of Chronic Obstructive Pulmonary Disease (COPD). **Method:** This study is an experimental and pre-post test control group design. The sample consisted of 18 people grouped into treatment group I with TEE and treatment group II with DRT. **Results:** Shapiro Wilk normality test data were normally distributed and Levene's homogeneity test homogeneous data test. Hypothesis I using Paired Sample T-Test obtained thoracic expansion value (ET) before mean \pm SD = 1.58 ± 0.58 and after mean \pm SD = 2.13 ± 0.73 with p-value = 0.003. Spirometry results obtained group I FEV1 value before mean \pm SD = 51.35 ± 15.69 and after mean \pm SD = 56.25 ± 18.50 and p-value = 0.002. Hypothesis II using Paired Sample T-Test obtained ET value before mean \pm SD = 1.37 ± 0.49 and after mean \pm SD = 2.31 ± 0.67 with p-value <0.001. Group II FEV1 spirometry results before mean \pm SD = 48.93 ± 13.67 and after intervention mean \pm SD = 54.14 ± 13.86 and p-value <0.001. Hypothesis III uses the Independent sample T-test for the value of the ET difference between group I and group II with p-value = 0.031. Spirometry results of FEV1 difference before and after group I intervention mean \pm SD = 4.90 ± 3.31 and FEV1 difference values before and after group II intervention mean \pm SD = 5.21 ± 2.54 and p-value = 0.827. **Conclusion:** There is a difference in the effect between Thoracal Expansion Exercise (TEE) and Diaphragmatic Release Technique (DRT) on thoracic expansion in cases of Chronic Obstructive Lung Disease (COPD).

Keyword : *Thoracal Expansion Exercise , Diaphragmatic Release Technique, Thoracic Expansion, Chronic Obstructive Pulmonary Disease*