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***THE INFLUENCE OF PURSED LIPS BREATHING EXERCISE  
TECHNIQUE ON DYSPNEA OF BREATH IN PATIENTS WITH GRADE II  
CHORONIC OBSTRUCTIVE PULMONARY DISEASE  
BALARAJA HOSPITAL IN 2019***

**ABSTRACT**

*Chronic Obstructive Pulmonary Disease (COPD) is included in (big five) pulmonary diseases. Estimated COPD is the number three cause of death in the world in 2030. COPD patient need to practice lung rehabilitation for control, reduce symptoms, increase functional capacity optimally and can be done independently, so patients can live independent and beneficial to the community. The purpose of this study was to see the effects of lip breathing exercises for dipsnea patients with COPD degree II at the Balaraja hospital in 2019. The research is pre experimental design, with one group pre test - post test design. the sample used was 50 patients with dyspnea chronic obstructive pulmonary disease. The statistical test was the ranked Wilcoxon test based on the results of the study obtained a value of  $p=0,000$  less than the normal value of sigma ( $<0,05$ ) which means there is significant effect on the effects of lip breathing exercises pursed in Balaraja Hospital 2019, health workers to give about the pursed lips breathing exercise technique in patients with grade II obstructive pulmonary disease who need hospital.*

Keywords : COPD, Pursed Lips Breathing, dipsnea