



ABSTRACT

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Rizqa Umami

Study Program S-1 Physiotherapy

Faculty of Physiotherapy

Universitas Esa Unggul

THE DIFFERENCE BETWEEN BUTEYKO BREATHING TECHNIQUE WITH CHEST PHYSIOTHERAPY IN NEBULIZER INTERVENTION ON THE SUSPENSION OF BREATHING DEGREES IN ASMA BRONCHIAL PATIENTS.

Consisting of VI Chapter, 84 Pages, 10 Tables, 3 Figures, Attachment

Objective: to find out the difference in buteyko breathing technique with chest physiotherapy with a nebulizer intervention to reduce the degree of shortness of breath in bronchial asthma sufferers. **Method:** this research is quasi experimental with pre-experimental group post-test, , where a decrease in the degree of shortness of breath in bronchial asthma sufferers was measured using Peak Flow Meter or Peak Expiratory Flow (PEF). The sample consisted of 26 people grouped into 2 groups. Group I consisted of 13 people with the buteyko breathing technique intervention in the Nebulizer intervention and group II consisted of 13 samples with chest physiotherapy intervention in the nebulizer intervention. **Results:** normality test with Shapiro Wilk test obtained data with normal distribution while the homogeneity test with Levene's test obtained data has a homogeneous variant. Hypothesis test results in treatment group I with paired sample t-test, obtained the value of *peak flow meter* $p < 0.001$ which means the buteyko breathing technique with nebulizer intervention can reduce the rate of shortness breath in bronchial asthma sufferers. In treatment group II with paired sample t-test, the value of *peak flow meter* was $p < 0.001$ which means chest physiotherapy can reduce the degree of shortness of breath in people with bronchial asthma. The results of the independent t-test showed $p < 0.383$ in *peak flow meter*, which means there is no difference between buteyko breathing exercise with chest physiotherapy with nebulizer intervention to reduce the degree of shortness of breath in patients with bronchial asthma. **Conclusion:** There was no difference between the buteyko breathing technique and chest physiotherapy in the nebulizer intervention to reduce the degree of shortness of breath in people with bronchial asthma

Keywords: *Buteyko Breathing Technique, Chest Physiotherapy, Nebulizer, Asma Bronchial, Peak Flow Meter*