ABSTRACT

COMPARATIVE STUDY OF PEAK EXPIRATORY FLOW (PEF) PERCENTAGE IN SMOKER’S WIVES AND NON-SMOKER’S WIVES OF GUBENG DISTRICT OF SURABAYA

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Background: Smoking is a bad habit and is injurious to health. Smoking doesn’t only harm the smoker themselves, but the impact is worse for the secondhand smokers included their wives and children. Many non-smoker women suffered from lung disease caused by their smoking husbands. Evaluating pulmonary function can be done by measuring peak expiratory flow rate. The interpretation of pulmonary function test helps smoker’s wife aware of their own respiratory health and make their husbands smoke outside. Objective: This research is aimed to analyze the difference of PEF’s percentage between smoker’s wife and non-smoker’s wife in Gubeng district of Surabaya. Methods: This research is analytic observational research by using cross sectional analytic conducted in September-November 2016 in Gubeng district of Surabaya. The PEF’s value is measured using peak flow meter. The measured PEF are compared with the predictive PEF and expressed on percentage form. Result: There were 43 samples, devided into two groups, 23 smoker’s wives and 20 non-smoker’s wives. Ten samples (43,48%) of smoker’s wives have PEF’s percentage <80%. According to this research, the independent t test result of PEF’s percentage was not significantly different (p=0,338). However, the mean value of PEF’s percentage on smoker’s wives is 84,65%, which is lower than non-smoker’s wives (89,15%). Conclusion: The difference of PEF’s percentage was not statistically significant between smoker’s wife and non-smoker’s wife in Gubeng district of Surabaya.

Keywords: Peak expiratory flow rate, peak flow meter, non-smoker, and secondhand smoker.