

ABSTRAK

Pengaruh Latihan Koreksi Postur Terhadap Kapasitas Vital Paru Pada Lanjut Usia Hiperkifosis

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Latar Belakang: Postur kifosis dengan sudut lebih dari 40 ° dapat menimbulkan abnormalitas pernafasan seperti gangguan mekanika dan pertukaran gas paru, peningkatan kerja otot-otot ventilasi dan penurunan kapasitas vital paru. Latihan koreksi postur bertujuan untuk meningkatkan fleksibilitas, meningkatkan kekuatan otot dan melatih pernafasan. Belum banyak penelitian yang mempelajari efek latihan koreksi postur terhadap postur dan respirasi.

Tujuan: Membuktikan efek latihan koreksi postur 2x perminggu selama 6 minggu terhadap peningkatan kapasitas vital paru pada subyek lanjut usia dengan postur hiperkifosis.

Metode: 13 lanjut usia lebih dari 60 tahun dilakukan pengukuran sudut Cobb's, jarak *occiput to wall* dan kapasitas vital paru. Pada subyek diberikan latihan koreksi postur 2x perminggu selama 6 minggu. Pada akhir minggu ke 6 dilakukan pengukuran ulang sudut Cobb's, jarak *occiput to wall* dan kapasitas vital paru.

Hasil: Terdapat perbedaan bermakna ($p < 0,05$) rerata sudut Cobb's, jarak *occiput to wall* dan kapasitas vital paru sebelum dan setelah latihan koreksi postur 2x perminggu selama 6 minggu.

Kesimpulan: Latihan koreksi postur 2x perminggu selama enam minggu dapat meningkatkan kapasitas vital paru pada lanjut usia dengan hiperkifosis. Penelitian ini juga mendapatkan hasil bahwa latihan koreksi postur 2x perminggu selama enam minggu dapat menurunkan jarak *occiput to wall* dan sudut Cobb's.

Kata Kunci: hiperkifosis, koreksi postur, kapasitas vital paru, *occiput to wall*, sudut Cobb's

ABSTRACT

Effect Of Posture Correction Exercise in Vital Lung Capacity Of Older With Hyperkyphosis

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Background: Kyphotic posture with cobb's angle more than 40° can produce breathing abnormality such us disturbance lung mechanic and air circulation, increase respiratory muscle power dan reduce vital lung capacity. The purpose of posture correction exercise is to increase flexibility, strengthening muscle and breathing exercise. The study of effect posture correction exercise on respiratory function is still lacking.

Objective: To know effect posture correction exercise 2x per week in 6 weeks to increase lung vital capacity in older with hyperkyphosis posture

Methods: 13 older more than 60 years old got examination Cobb's angle, *occiput to wall* distance and vital lung capacity. The subyek is given posture correction exercise 2x per week in 6 weeks. At the end of intervention, Cobb's anle, *occiput to wall* distance and vital lung capacity was measured again.

Results: There were significant differences ($p < 0.05$) in the average number of Cobb's angle, *occiput to wall* distance, and vital lung capacity before and after posture correction exercise 2x per week in 6 weeks.

Conclusions: Posture correction exercise 2x per week in 6 weeks can increase vital lung capacity in older with hyperkyphosis. This study also found that Posture correction exercise 2x per week in 6 weeks can reduce *occiput to wall* distance and Cobb's angle

Keywords: hyperkyphosis, posture correction, vital lung capacity, occiput to wall, cobb's angle