

ABSTRAK

PERBEDAAN EFEKTIFITAS ANTARA *PURSED LIPS BREATHING* DAN *BALLOON BLOWING EXERCISE* TERHADAP PENINGKATAN NILAI *FORCED EXPIRATORY VOLUME IN 1 SECOND (FEV1)*, *SATURASI OKSIGEN* DAN *QUALITY OF LIFE (QOL)* PADA KLIEN PPOK

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Pendahuluan: Kedua latihan *pursed lips breathing* dan *balloon blowing exercise* merupakan teknik pernapasan yang digunakan untuk mengatasi sesak napas pada mereka yang mengalami kesulitan bernapas dan meningkatkan ekspansi paru. Tujuan penelitian ini adalah menjelaskan perbedaan efektifitas antara *pursed lips breathing* dan *balloon blowing exercise* terhadap peningkatan nilai FEV1, saturasi oksigen dan *quality of life (QOL)* pada pasien PPOK. **Metode:** Penelitian ini menggunakan *quasi experimental* dengan rancangan *pre-test post-test study*. Populasi penelitian adalah pasien PPOK di RSUD Taman Husada Bontang. Pengambilan sampel dilakukan dengan teknik *consecutive sampling* sesuai dengan kriteria inklusi dengan total 40 pasien. Intervensi latihan *pursed lips breathing* dan latihan *balloon blowing exercise* dilakukan 3 kali perminggu, selama 4 minggu. Sehingga total latihan dilakukan sebanyak 12 kali. Alat ukur FEV1 dengan alat spirometer, saturasi oksigen dengan oksimeter dan *quality of life* dengan kuisioner SGRQ. Analisa data menggunakan *paired t-test* dan *independent t-test*. **Hasil dan Analisis :** Hasil uji *independent t-test* didapatkan nilai p 0.047 untuk variabel FEV1, p 0.04 untuk variabel saturasi oksigen dan p 0.781 untuk variabel SGRQ kelompok latihan *pursed lips breathing exercise* dan latihan *balloon blowing exercise*. Hal ini berarti terdapat perbedaan efektifitas *pursed lips breathing* dan *balloon blowing exercise* terhadap peningkatan nilai FEV1 dan peningkatan saturasi oksigen, tidak ada perbedaan efektifitas peningkatan *quality of life (QOL)* pada pasien PPOK. **Kesimpulan:** Latihan *pursed lips breathing* dan *balloon blowing exercise* peningkatan kedua nilai FEV1 dan peningkatan saturasi oksigen pada pasien PPOK

Kata kunci : *pursed lips breathing*, *balloon blowing exercise*, FEV1, saturasi oksigen, *quality of life (QOL)*, SGRQ dan COPD

ABSTRACT**THE DIFFERENCE OF EFFECTIVENESS BETWEEN PURSED LIPS BREATHING AND BALLOON BLOWING EXERCISE ON INCREASING EXPIRATORY FORCED VOLUME VALUE IN 1 SECOND (FEV1), OXYGEN SATURATION AND QUALITY OF LIFE (QOL) WITH CLIENT COPD**

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Background: Both pursed lips breathing and balloon blowing exercises are breathing techniques use to overcome shortness of breath in those who have difficulty breathing and to increase lung expansion. The purpose of this study was to explain the differences in effectiveness between pursed lips breathing and balloon blowing exercise in increasing FEV1 values, oxygen saturation and quality of life (QOL) in COPD patients. **Method:** This study used a quasi-experimental design with pre-test post-test study. The study population was COPD patients at Taman Husada Bontang Hospital. Sampling was done consecutively according to the inclusion criteria with a total of 40 patients. Intervention of pursed lips breathing and balloon blowing exercises were carried out 3 times a week, for 4 consecutive weeks. Thus the number of exercise was 12 times. In total forced expiratory volume in 1 second (FEV1) was measured with spirometer, oxygen saturation with oximeter and quality of life with SGRQ questionnaire. Data analysed with paired t-test and independent t-test. **Results and Analysis:** The independent t-test results obtained p value 0.047 for the FEV1 variable, p 0.04 for the oxygen saturation variable and p 0.781 for the SGRQ variable pursed lips breathing exercise group and balloon blowing exercise. In other word there are differences in the effectiveness of pursed lips breathing and balloon blowing exercise to increase the value of FEV1 and increase oxygen saturation, there is no difference in the effectiveness of increasing quality of life (QOL) in COPD patients. **Conclusions:** pursed lips breathing and balloon blowing exercise increase both FEV1 values and oxygen saturation of COPD patients

Keywords: pursed lips breathing, balloon blowing exercise, FEV1, oxygen saturation, quality of life (QOL), SGRQ and COPD