

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI SI KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN

Skripsi, 8 Agustus 2024
Gedeon Putra Tandayu

Pengaruh Teknik Pernapasan *Buteyko* Terhadap Kemampuan Fungsi Paru Pada Lansia Dengan Riwayat Asma Di Upt Pelayanan Sosial Tresna Werdha Jember

Xvii + halaman 109 + gambar 13 + tabel 23 + lampiran 19

Abstrak

Kemampuan fungsi paru mengalami gangguan fungsi paru umumnya terjadi karena adanya faktor individu, paru berfungsi untuk mencukupi kebutuhan oksigen. Tujuan penelitian ini untuk mengetahui pengaruh Teknik pernapasan *Buteyko* terhadap kemampuan fungsi paru pada lansia dengan riwayat Asma Di UPT Pelayanan Sosial Tresna Werdha Jember. Penelitian ini menggunakan penelitian *pra eksperimen*. Besar sampel penelitian berjumlah 27 responden lansia yang memiliki riwayat Asma di UPT Pelayanan Sosial Tresna Werdha Jember. Teknik pengambilan sampel menggunakan teknik *purposive sampling*. Proses intervensi menggunakan standar prosedur operasional teknik pernapasan *Buteyko*. Hasil ini menunjukkan pengaruh yang signifikan antara hasil sebelum melakukan teknik pernapasan *Buteyko* dengan pengukuran kemampuan fungsi paru, didapatkan zona merah berjumlah 24 orang 88,9% zona kuning 3 orang 11,1% dan setelah dilakukan intervensi didapatkan zona merah mengalami penurunan dengan total 18 orang 66,7% zona kuning 7 orang 25,9% dan zona hijau 2 orang 7,4%. Penelitian ini menggunakan uji statistik wilcoxon signed test *p value* sebesar 0,0001 dengan alpha 5%. Kesimpulan hasil penelitian ini, bahwa ada pengaruh teknik pernapasan *Buteyko* terhadap kemampuan fungsi paru pada lansia dengan riwayat Asma Di UPT Pelayanan Sosial Tresna Werdha Jember.

Kata kunci : Teknik pernapasan *buteyko*, kemampuan fungsi paru
Daftar Pustaka (2018 – 2024)

ABSTRACT

**MUHAMMADIYAH UNIVERSITY OF JEMBER
SI NURSING STUDY PROGRAM
FACULTY OF NURSING SCIENCE**

Thesis, 8 August 2024
Gedeon Putra Tandayu

The Effect of Buteyko Breathing Technique on Lung Function Ability in Elderly People with a History of Asthma at Upt Tresna Werdha Social Services Jember

Xvii + pages 109 + figures 13 + tables 23 + attachments 19

Abstract

The ability of lung function to experience impaired lung function generally occurs due to individual factors, the lungs function to meet oxygen needs. The purpose of this study was to determine the effect of Buteyko breathing technique on lung function ability in elderly people with a history of asthma at UPT Tresna Werdha Jember Social Services. This study used pre-experimental research. The sample size of the study amounted to 27 elderly respondents who had a history of Asthma at UPT Social Services Tresna Werdha Jember. The sampling technique used purposive sampling technique. The intervention process uses standard operational procedures for Buteyko breathing techniques. The results showed a significant effect between the results before performing the Buteyko breathing technique with the measurement of lung function ability, obtained a red zone of 24 people 88.9% yellow zone 3 people 11.1% and after the intervention was obtained the red zone decreased with a total of 18 people 66.7% yellow zone 7 people 25.9% and green zone 2 people 7.4%. This study uses the statistical test wilcoxon signed test p value of 0.0001 with alpha 5%. The conclusion of the results of this study, that there is an effect of Buteyko breathing techniques on lung function ability in the elderly with a history of Asthma at UPT Tresna Werdha Jember Services.

**Keywords : Buteyko breathing technique, lung function ability
Bibliography (2018 - 2024)**