

Abstrak
UNIVERSITAS MUHAMMADIYAH JEMBER
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Efektifitas *Diafragma Breathing* Terhadap Peningkatan Mobiltas Fisik Pada Asuhan Keperawatan Pasien PPOK Di IRNA 1-3 RSD dr Soebandi Jember Tahun 2019.

xv + 68 hal + 9 tabel + 1 gambar + 15 lampiran

Abstrak

PPOK ditandai dengan obstruksi progresif lambat pada jalan nafas. Pasien dengan PPOK mengalami penurunan mobilitas fisik terhadap olah raga pada periode yang pasti dalam satu hari. Telah dibuktikan bahwa kedua aktivitas meningkat dari dinding dada otot pernapasan dan gangguan aktivitas diafragma berhubungan dengan sensasi yang lebih tinggi dari dyspnea. Hal ini menunjukkan bahwa intervensi yang bertujuan membalikkan ekstensif menggunakan dinding dada otot pernapasan dan meningkatkan fungsi diafragma bisa meringankan dyspnea pada pasien dengan *COPD*. Penelitian ini menggunakan desain *Pra Eksperimen* dengan *One-Group Pre-Post Test Design* yang bertujuan untuk membuktikan Efektifitas *Diafragma Breathing* Terhadap Peningkatan Mobiltas Fisik Pada Asuhan Keperawatan Pasien PPOK Di IRNA 1-3 RSD dr Soebandi Jember Tahun 2019. Populasi penelitian ini adalah Seluruh pasien PPOK yang rawat inap di IRNA 1-3 RSD dr Soebandi Jember dengan sampel sejumlah 30 responden. Metode sampling yang digunakan adalah *Nonprobability sampling* yaitu *consecutive sampling*. Memberikan perlakuan kepada responden dengan *diafragma breathing* 5 menit setiap pagi dan sore selama 3 hari. Pengukuran peningkatan mobilitas fisik dengan menggunakan *COPD Assesment Test (CAT)*. Hasil dari mobilitas fisik sebelum dilakukan *diafragma breathing* didapatkan 20 responden (66,7%) sebagian besar mengalami penurunan mobilitas fisik yang tinggi. Hasil dari mobiltas fisik setelah dilakukan *diafragma breathing* didapatkan bahwa sebanyak 19 responden (63,3%) sebagian besar mengalami penurunan mobilitas fisik yang sedang. Hasil pretest dan posttest setelah di uji statistik dengan *uji wilcoxon* ($\alpha = 0,05$) diperoleh P value = $0,000 < 0,05$. Dengan demikian H1 diterima yang berarti efektifitas *diafragma breathing* terhadap peningkatan mobilitas fisik pada asuhan keperawatan PPOK di IRNA 1-3 RSD Soebandi Jember. Rekomendasi penelitian ini yaitu dengan memberikan *diafragma breathing* kepada pasien PPOK meningkatkan aktivitas diafragma sehingga akan meningkat mobilitas fisik.

Kata kunci: PPOK, *Diafragma Breathing*, Mobilitas Fisik
Daftar Pustaka 27 (2008 – 2018)

Abstract
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The effectivity of *Diaphragms Breathing* to The Increasing of Physical Mobility to The Nursing Care Patient of Chronic Obstructive Pulmonary Disease (COPD) in IRNA 1-3 dr. Soebandi, Jember General Hospital, in 2019.

xv + 68 pages+ 9 tables+ 1 pictures + 15 appendices

Abstract

The Acute Presentation of Chronic Obstructive Pulmonary Disease (COPD) is indicated by slow progressive obstructions to the diaphragm breath. The patient with COPD will decrease their physical mobility in doing certain periodical exercise within a day. It has been proved that there were increasing on both activities to chest wall respiratory muscle and diaphragm activity disorder that deals with higher sensation on dyspnea. This was shown that the intervention which aimed on turning back the use of extensively of chest wall respiratory muscle and increasing the function of diaphragm can relief dyspnea to the patient with *COPD*. This research was using *Pre-Experimental* design through *One-Group Pre-Post Test Design* that purposed to prove the effectivity of *Diaphragms Breathing* to The Increasing of Physical Mobility to The Nursing Care Patient of COPD in IRNA 1-3 dr. Soebandi, Jember General Hospital, in 2019. The research subject of this research were the whole hospitalized patient with COPD in IRNA 1-3 room of dr. Soebandi, Jember General Hospital by taking 30 respondents. The research method that was used in this research was *Non-probability sampling* by applying *consecutive sampling*. The treatment was given to some patients with diaphragm breathing for 5 minutes every morning and afternoon within 3 days. The measurement on increasing physical mobility was using *COPD Assesment Test (CAT)*. The result that can be taken from physical mobility before the diaphragm breathing was done, that there were 20 respondents (66,7%) decreasing their high physical mobility. Then, the result that can be infered from physical mobility after the diaphragm breathing was done, there were 19 respondents (63,3%) decreasing their average (medium) physical mobility. The result of the pretest and post-test after statically test was done by using Wilcoxon test ($\alpha = 0,05$) it was reached P value = $0,000 < 0,05$. From this result we can say that H1 was approved that means the effectivity diaphragm breathing to the increasing physical mobility on the nursing care patient of COPD in IRNA 1-3 dr. Soebandi, Jember General Hospital was proven. The research recommendation is by giving diaphragm breathing to the patients with COPD can increase the diaphragm activity so that the physical mobility are also increasing.

Key word : COPD, Diapragm Breathing, Pysical Mobility
Reference 27 (2008 – 2018)