ABSTRAK

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Karya Ilmiah Akhir, Juni 2026

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Implementasi *Deep Breathing Exercise* Untuk Memenuhi Kebutuhan Oksigenasi Pada Pasien Pneumonia Di Ruang Adenium Rsd Dr. Soebandi Jember

Xiii + 85 Halaman + 4 Tabel + 1 Gambar + 4 Lampiran

Latar Belakang: Pneumonia dapat menyebabkan gangguan pertukaran gas yang menimbulkan masalah keperawatan pola napas tidak efektif. *Deep Breathing Exercise* (DBE) merupakan terapi nonfarmakologis yang dapat membantu memperbaiki ventilasi dan oksigenasi pasien. **Tujuan**: Menganalisis penerapan *Deep Breathing Exercise* pada pasien pneumonia dengan masalah pola napas tidak efektif di Ruang Adenium RSD dr. Soebandi Jember. **Metode**: Studi kasus dilakukan pada tiga pasien pneumonia. Intervensi *Deep Breathing Exercise* diberikan sesuai SOP selama 3 hari berturut-turut selama ±10 menit. Evaluasi dilakukan melalui pengukuran frekuensi napas, saturasi oksigen, dan observasi kondisi pernapasan. **Hasil**: Penerapan *Deep Breathing Exercise* selama 3×24 jam pada tiga pasien menunjukkan peningkatan oksigenasi. Hal ini ditandai dengan penurunan frekuensi napas dari 24–28 kali/menit menjadi 18–20 kali/menit, irama dan kedalaman napas yang lebih baik, berkurangnya penggunaan otot bantu napas, serta penurunan keluhan sesak napas. Selain itu, saturasi oksigen juga meningkat dari 90–95% menjadi 96–98%.**Kesimpulan**: Penerapan *Deep Breathing Exercise* cenderung membantu memenuhi kebutuhan oksigenasi pada pasien pneumonia melalui peningkatan ventilasi paru, perbaikan pola pernapasan, dan peningkatan saturasi oksigen.

Kata Kunci: *Deep Breathing Exercise*, Pneumonia, Kebutuhan Oksigenasi.

ABSTRACT

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PROFESSIONAL NURSING PROGRAM
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Final Scientific Paper, June 2026

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Implementation of Deep Breathing Exercise to Meet Oxygenation Needs in Patients with Pneumonia in the Adenium Ward of dr. Soebandi Regional Hospital, Jember

xiii + 85 Pages + 4 Tables + 1 Figures + 4 Appendices

***Background**: Pneumonia can cause impaired gas exchange, leading to the nursing problem of an ineffective breathing pattern. Deep Breathing Exercise (DBE) is a non-pharmacological intervention that can help improve patients' ventilation and oxygenation. **Objective**: To analyze the implementation of Deep Breathing Exercise in meeting the oxygenation needs of patients with pneumonia in the Adenium Ward of dr. Soebandi Regional Hospital, Jember. **Methods**: This case study was conducted on three patients diagnosed with pneumonia. Deep Breathing Exercise was administered according to the Standard Operating Procedure (SOP) for three consecutive days, with each session lasting approximately 10 minutes. Evaluation was performed by measuring respiratory rate, oxygen saturation, and observing the patients' respiratory condition. **Results**: The implementation of Deep Breathing Exercise over a period of 3 × 24 hours in the three patients demonstrated improved fulfillment of oxygenation needs, as evidenced by a reduction in respiratory rate from 24–28 breaths per minute to 18–20 breaths per minute, a more regular breathing rhythm, increased depth of breathing, reduced use of accessory respiratory muscles, and decreased complaints of dyspnea. These improvements were accompanied by an increase in oxygen saturation from 90–95% to 96–98%. **Conclusion**: The implementation of Deep Breathing Exercise tended to help meet the oxygenation needs of patients with pneumonia by improving lung ventilation, enhancing breathing patterns, and increasing oxygen saturation.*

***Keywords**: Deep Breathing Exercise, Pneumonia, Oxygenation Needs*