

Pengaruh latihan ?Hairmyres? terhadap jarak uji jalan enam menit (UJ6M) dan nilai st. george's respiratory questionnaire (SGRQ) pada penderita penyakit paru obstruktif kronik

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Abstrak

Tujuan : Untuk menilai efikasi latihan intensitas rendah Hairmyres terhadap kapasitas fungsional menggunakan Uji Jalan Enam Menit (UJ6M) dan kualitas hidup menurut St. George's Respiratory Questionnaire (SGRQ) pada penderita Penyakit Paru Obstruktif Kronik (PPOK).

Metode : Studi intervensi pre-eksperimental pra dan pasca perlakuan pada satu kelompok. Sampel dilatih senam Hairmyres selama delapan minggu, 5 kali per minggu, 2 kali dihadapan peneliti. Data UJ6M diambil sebelum, pada empat minggu dan akhir latihan, data SGRQ diambil sebelum dan sesudah latihan .

Tempat : RSUPN Dr. Cipto Mangunkusumo dan RSU Persahabatan.

Subyek : Didapat 17 pasien PPOK sedang dan berat yang mengikuti latihan, tiga orang gugur sehingga sisa 14 orang dari minimum sampel delapan orang.

Hasil : Selisih rerata jarak UJ6M antara awal dan akhir perlakuan dan antara minggu keempat dan akhir perlakuan menunjukkan perbedaan sangat bermakna ($p=0,000$), selisih antara awal dan minggu keempat perlakuan menunjukkan perbedaan bermakna ($p=0,016$). Selisih rerata nilai SGRQ pada awal dan akhir perlakuan menunjukkan perbedaan bermakna pada komponen Aktivitas, Dampak dan Total ($p<0,05$), sedangkan pada komponen Gejala tidak didapat perbedaan bermakna ($p>0,05$).

Kesimpulan : Kapasitas fungsional berdasarkan UJ6M dan kualitas hidup menurut SGRQ pada pasien PPOK meningkat secara sangat bermakna setelah melakukan senam Hairmyres.

Kata kunci : PPOK, Latihan intensitas rendah, UJ6M, SGRQ.

Objective : To evaluate the efficacy of low-intensity Hairmyres exercises on the functional capacity using Six Minutes Walking Test (6MWT) and quality of Life according to St. George's respiratory questionnaire (SGRQ) on Chronic Obstructive Pulmonary Disease (COPD) patients.

Method : Pre-experimental intervention, before and after on one subject group. Samples use Hairmyres exercise for eight weeks, 5 times a week, of which two are done in front of the researcher. 6MWT is taken pre, on week four, and post exercise periods. SGRQ is taken pre and post exercise periods.

Location : RSUPN Dr. Cipto Mangunkusumo and RSU Persahabatan.

Subject : 17 moderate to severe COPD patients participated in the study. Three dropped out leaving 14

patients out of eight minimum samples.

Result : Mean difference of 6MWT between pre and post intervention, and between fourth week and post intervention shows highly significant results ($p=0.000$). Mean difference between pre and fourth week intervention shows significant results ($p=0.016$). Mean difference of SGRQ between pre and post intervention shows significant results on Activity, Impact and Total components ($p<0.05$). There is no significant result on Symptoms components ($p>0.05$)

Conclusion : The functional capacity based on 6MWT and quality of life according to SGRQ on COPD patients significantly increases after doing Hairmyres exercises.

Key words : COPD, low-intensity exercise, 6MWT, SGRQ