

# Perbandingan efek latihan jentera dan sepeda statis pada pasien penyakit paru obstruktif kronik stabil terhadap kapasitas fungsional dan kualitas hidup = Comparison of the effects from treadmill and ergocycle exercise in patients with stable chronic obstructive pulmonary disease to the functional capacity and quality of life

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## Abstrak

**Tujuan:** Penelitian ini bertujuan untuk menilai perbedaan latihan jentera dan sepeda statis terhadap perubahan kapasitas fungsional dan kualitas hidup pada penderita Penyakit Paru Obstruktif Kronik (PPOK) kondisi stabil.

**Metode:** Metode penelitian eksperimental dengan jumlah sampel 44 orang, terdiri dari 22 orang dengan latihan sepeda statis dan 22 orang dengan latihan jentera yang datang ke poli Rehabilitasi Medik RS Persahabatan. Penilaian kapasitas fungsional menggunakan metode Uji Jalan 6 Menit (UJ6M) dilakukan minggu I, V dan IX. Penilaian kualitas hidup diukur menggunakan St. George's Respiratory Questionnaire (SGRQ) dilakukan minggu I dan IX. Program latihan dilakukan selama 8 minggu.

**Hasil:** Latihan jentera dan sepeda statis menghasilkan perbaikan signifikan baik dalam hal hasil uji jalan 6 menit dan SGRQ sejak minggu I sampai IX. Namun dalam perbandingan latihan yang memberikan hasil terbaik, jentera meningkatkan jarak tempuh jalan 6 menit lebih baik dibandingkan sepeda statis secara konsisten pada minggu I-V, V-IX dan I-IX ( $p < 0,001$ ). Untuk nilai SGRQ, hasil kedua latihan tidak berbeda signifikan.

**Kesimpulan:** Kelompok latihan jentera memiliki peningkatan kapasitas fungsional yang lebih besar dan berbeda bermakna dibandingkan kelompok latihan sepeda statis pada subjek PPOK stabil. Kelompok latihan jentera memiliki peningkatan kualitas hidup yang tidak berbeda bermakna dibandingkan kelompok latihan sepeda statis pada subjek PPOK stabil.

.....**Objective:** This study aimed to assess the differences between treadmill and ergocycle exercise on changes in functional capacity and quality of life in patients with stable Chronic Obstructive Pulmonary Disease (COPD).

**Methods:** This is an experimental research with a sample of 44 subjects, consisting of 22 subjects in the ergocycle exercise group and 22 subjects in the treadmill exercise group, at Persahabatan Hospital Medical Rehabilitation Clinic. Assessment of functional capacity using the 6 Minute Walking Test (6MWT) was performed on weeks I, V and IX. Assessment of quality of life was measured using the St. George's Respiratory Questionnaire (SGRQ) performed on the week I and IX. Training program was conducted for 8 weeks.

**Results:** Treadmill and ergocycle exercise produce significant improvement in both the 6MWT results and SGRQ since week I to IX. But in comparison, treadmill exercise improves 6MWT distance better than ergocycle consistently at week I-V, V-IX and I-IX ( $p < 0.001$ ). For the SGRQ score, both exercises did not differ significantly.

**Conclusion:** The treadmill exercise group had a larger and significantly different improvement in functional capacity than the ergocycle exercise group in stable COPD subjects. Treadmill exercise group improvements

on quality of life was not significantly different than the ergocycle exercise group in stable COPD subjects.