

## Pengaruh deep breathing exercise terhadap kualitas tidur pasien gagal jantung = The effect of deep breathing exercise for sleep quality in heart failure patient / Ni Luh Gede Intan Saraswati

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### Abstrak

<b>ABSTRAK</b><br>

Pengaruh Deep Breathing Exercise terhadap Kualitas Tidur Pasien Gagal Jantung Gangguan tidur merupakan salah satu gejala pada pasien gagal jantung. Tidur yang buruk berimplikasi negatif pada kesehatan psikologis, fisiologis, kualitas hidup, pasien gagal jantung. Deep breathing exercise menjadi intervensi keperawatan yang dapat memperbaiki kualitas tidur. Penelitian bertujuan untuk mengidentifikasi pengaruh deep breathing exercise terhadap kualitas tidur pasien gagal jantung. Rancangan penelitian menggunakan quasy experiment pre-post with control group. Besar sampel sebanyak 34 subjek sebagai kelompok kontrol dan perlakuan. Terdapat perubahan yang signifikan pada kelompok perlakuan sebelum dan sesudah intervensi  $p=0,001$ , dan tidak ada perubahan yang signifikan antara kelompok kontrol dan perlakuan setelah intervensi. Walaupun demikian terjadi perubahan nilai kualitas tidur yang lebih baik pada kelompok intervensi, sehingga teknik deep breathing exercise ini dapat diberikan pada pasien gagal jantung. Kata kunci: deep breathing exercise, gagal jantung, kualitas tidur.

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<b>ABSTRACT</b><br>

The Effect of Deep Breathing Exercise for Sleep Quality in Heart Failure Patient THE EFFECT OF DEEP BREATHING EXERCISE FOR SLEEP QUALITY IN HEART FAILURE PATIENT Sleep disorder is one of the symptom among heart failure patients. The Poor sleep quality has negative impact for the psychological, physiological, quality of life in heart failure patients. Deep breathing exercise is a nursing intervention to improve sleep quality. This study aim to identify the effect of deep breathing exercise among heart failure patients. This study used quasy experiment pre post test with control group design. This study recruited 34 subjects as control and treatment group. The result of the study showed that quality of sleep was improved significantly after deep breathing exercise was implemented in treatment group  $p 0,001$ , but there was no significant difference between control and treatment group after deep breathing exercise. However deep breathing exercise is recommended as nursing intervention to improve the quality of sleep among heart failure patient because the change of sleep quality in treatment group is better than control group Keywords deep breathing exercise, heart failure, quality of sleep