

# Perbedaan Efektivitas Kombinasi Latihan Pursed Lip Breathing dan Progressive Muscle Relaxation dengan Latihan Pursed Lip Breathing Terhadap Derajat Dispnea Pasien Penyakit Paru Obstruktif Kronis = Difference in Effectiveness of Combination of Pursed Lip Breathing and Progressive Muscle Relaxation Exercises with Pursed Lip Breathing Exercise on Degrees of Dyspnea in Patients with Chronic Obstructive Pulmonary Disease

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## Abstrak

Keluhan sesak napas atau dispnea merupakan gejala umum yang selalu dikeluhkan oleh pasien PPOK. Pengelolaan dispnea pada penderita PPOK di tatanan layanan kesehatan, selain menggunakan terapi farmakologi juga dengan pemberian terapi non farmakologi. Terapi non farmakologi untuk penderita PPOK tersebut meliputi 3 aspek utama, yaitu olah napas/*breathing*, olah pikiran/*thinking* dan olah fungsional/*functioning*.

Tatalaksana non farmakologi untuk kasus PPOK sebagian besar berfokus pada upaya kontrol pernapasan melalui teknik *Pursed Lip Breathing*. Namun belum banyak penelitian yang mengkaji pengaruh kontrol pikiran dalam mengatasi keluhan dispnea pasien PPOK. Penelitian ini menggabungkan antara kontrol pernapasan melalui latihan *Pursed Lip Breathing* (PLB) dan kontrol pikiran melalui latihan *Progressive Muscle Relaxation* (PMR).

Penelitian ini merupakan penelitian *quasy experiment* dengan pendekatan *pre-post test design* pada 20 responden di setiap kelompok intervensi. Kelompok intervensi I diberi kombinasi latihan PLB dan PMR selama 10 menit, 2 kali sehari, selama 7 hari. Sedangkan kelompok intervensi II diberi kombinasi latihan PLB selama 10 menit, 2 kali sehari, selama 7 hari.

Hasil penelitian menunjukkan adanya perbedaan yang bermakna pada derajat dispnea setelah pemberian kombinasi latihan PLB dan PMR ( $p = 0,000$ ;  $\hat{\pm} = 0,05$ ). Dengan demikian, kombinasi latihan PLB dan PMR merupakan salah satu intervensi yang efektif untuk menurunkan derajat dispnea pada pasien PPOK. Rekomendasi pada penelitian ini adalah diperlukannya pengembangan program terapi komplementer di pendidikan dan pelayanan keperawatan untuk modifikasi standar asuhan keperawatan dengan memasukkan terapi komplementer kombinasi latihan PLB dan PMR dalam asuhan keperawatan pasien PPOK.

.....Shortness of breath or dyspnea are common symptoms that are always complained of by Chronic Obstructive Pulmonary Disease (COPD) patients. Management of dyspnea in patients with COPD are pharmacological therapy and non-pharmacological therapy. Non-pharmacological therapy for patients with COPD includes 3 main aspects, namely breathing, mind processing and functional functioning.

Non-pharmacological management for COPD cases focuses mostly on respiratory control efforts through the Pursed Lip Breathing technique. But not many studies have examined the effect of mind control in overcoming complaints of COPD dyspnea patients. This study combines breathing control through Pursed Lip Breathing (PLB) exercise and mind control through Progressive Muscle Relaxation (PMR) exercise. This research is a quasy experiment with a pre-post test design approach to 20 respondents in each intervention group. The intervention group I was given a combination of PLB and PMR exercises for 10

minutes, 2 times a day, for 7 days. While the intervention group II was given a combination of PLB exercises for 10 minutes, 2 times a day, for 7 days.

The results showed a significant difference in the degree of dyspnea after PLB and PMR exercises ( $p = 0.000$ ;  $\hat{I} \pm = 0.05$ ). The combination of PLB and PMR exercises is an effective intervention to reduce the degree of dyspnea in COPD patients.

The recommendation in this study is the need to develop complementary therapy programs in education and nursing services for modification of nursing care standards by incorporating complementary therapy in combination with PLB and PMR exercises in the nursing care of COPD patients.