

# Pengaruh Breathing Exercise Teknik Balloon Blowing Terhadap Peningkatan Saturasi Oksigen Perifer Pada Pasien PPOK di Rumah Sakit Umum Daerah dr. Zainoel Abidin Banda Aceh = Effect of Breathing Exercise Balloon Blowing Technique on Increasing Peripheral Oxygen Saturation in COPD Patients at the Regional General Hospital dr. Zainoel Abidin Banda Aceh

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## Abstrak

Keterbatasan aliran udara masuk serta keluar dari paru-paru, gangguan ventilasi saluran pernafasan dan menurunnya kemampuan fungsi kerja otot-otot pernafasan menyebabkan terjadi defisit saturasi oksigen perifer pada pasien PPOK. Masalah defisit saturasi oksigen perifer sangat penting untuk diselesaikan, untuk itu diperlukan berbagai terapi untuk meningkatkan nilai saturasi oksigen pada pasien PPOK, diantaranya adalah Breathing Exercise. Penelitian ini menggunakan Breathing Exercise dengan Teknik Balloon Blowing untuk meningkatkan saturasi perifer pada pasien PPOK. Sampel dalam penelitian ini berjumlah 46 responden. Metode penelitian ini menggunakan pendekatan Kuantitatif dengan desain Quasy Experimental. Teknik pengambilan sampel dengan cara Consecutive Sampling sebanyak 46 responden PPOK yang dibagi kedalam kedua kelompok yaitu Intervensi (23 responden diberikan Balloon Blowing) dan Kontrol (23 responden diberikan Nafas Dalam). Hasil penelitian ini menunjukkan perubahan rerata nilai pada kelompok intervensi lebih tinggi sebelum dan sesudah perlakuan (Mean 1,61. P-value 0,000), dibandingkan kelompok kontrol (Mean 0,74. P-value 0,032). Rekomendasi, Peneliti mengharapkan lebih banyak penelitian breathing exercise balloon blowing pada pasien PPOK atau gangguan pernapasan dengan jangka waktu penelitian yang lebih lama. Simpulan dalam penelitian ini adalah ada pengaruh pemberian Breathing Exercise Balloon Blowing terhadap peningkatan saturasi oksigen perifer.

.....Limited airflow into and out of the lungs, impaired ventilation of the respiratory tract and decreased ability of the work function of the respiratory muscles to cause peripheral oxygen saturation deficits in COPD patients. The problem of peripheral oxygen saturation deficit is very important to be solved, therefore various therapies are needed to increase the oxygen saturation value in COPD patients, including Breathing Exercise. This study uses Breathing Exercise with Balloon Blowing Technique to increase peripheral saturation in COPD patients. The sample in this study amounted to 46 respondents. This research method uses a quantitative approach with a Quasy Experimental design. The sampling technique was Consecutive Sampling as many as 46 COPD respondents were divided into two groups, namely Intervention (23 respondents were given Balloon Blowing) and Control (23 respondents were given deep breaths). The results of this study showed that the change in the mean value in the intervention group was higher before and after treatment (Mean 1.61. P-value 0.000), compared to the control group (Mean 0.74. P-value 0.032). Recommendation, Researchers expect more research on breathing exercise balloon blowing in patients with COPD or respiratory disorders with a longer study period. The conclusion in this study is that there is an effect of giving Breathing Exercise Balloon Blowing to increase peripheral oxygen saturation.