

**PROGRAM PASCASARJANA FAKULTAS ILMU KEPERAWATAN
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Camalia. S. Sahat

Pengaruh Senam Asma Terhadap Peningkatan Kekuatan Otot Pernapasan dan Fungsi Paru Pasien Asma di Perkumpulan Senam Asma RSUD Tangerang.

xiii + 100 hal + 14 tabel + 4 skema + 10 lampiran

ABSTRAK

Pasien asma akan terjadi *bronchospasme* dan *bronchokonstriksi* ini dapat menyebabkan otot pernapasan mengalami kelemahan dan penurunan fungsi paru. Penelitian ini bertujuan untuk mengidentifikasi pengaruh senam asma terhadap peningkatan kekuatan otot pernapasan dan fungsi paru pasien asma di perkumpulan senam asma RSUD Tangerang. Desain penelitian ini Kontrol Group pretest-postes desain. Sampel berjumlah 50 pasien (25 pasien kelompok intervensi dan 25 pasien kelompok kontrol). Teknik pengambilan sampel secara *Purposive sampling*. Kelompok intervensi melakukan tindakan senam asma selama 8 minggu, frekuensi 3 kali seminggu pada hari Rabu, Jum'at dan Minggu. Hasil penelitian, rata-rata nilai kekuatan otot pernapasan ($P=0.0005$) dan fungsi paru ($P=0.0005$) berbeda bermakna antara sebelum dan sesudah intervensi senam asma. Rata-rata nilai kekuatan otot pernapasan ($P=0.0005$) dan fungsi paru ($P=0.0005$) setelah intervensi antara kelompok intervensi dan kontrol berbeda bermakna secara signifikan. Terdapat hubungan berat badan terhadap kekuatan otot pernapasan ($P=0.05$) dan fungsi paru ($P=0.03$). Terdapat hubungan senam asma terhadap peningkatan kekuatan otot pernapasan ($P=0.0005$) dan fungsi paru ($P=0.0005$) pasien asma di perkumpulan senam asma RSUD Tangerang, setelah dikontrol berat badan dan tinggi badan. Rekomendasi penelitian ini adalah senam asma sebaiknya menjadi program intervensi keperawatan pada manajemen asma untuk meningkatkan peningkatan kekuatan otot pernapasan dan fungsi paru pasien asma.

Kata Kunci : Kekuatan otot pernapasan, fungsi paru, senam asma, pasien asma
Daftar Pustaka : 34 (1996 – 2007)

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Camalia S Sahat

The Influence of Asthma Gymnastics to Lung Function and Breathe Muscles Power Improvement of Patient with Asthma in Asthma Gymnastics Group in Tangerang State Hospital

Xiii + 100 pages + 14 Tables + 4 Skema + 10 appendixes

ABSTRACT

Patient with asthma will experience bronchospasme and bronchocontriction condition. It will cause reduction of lung function ability and breathe muscles fatigue. This research aimed to identify the influence of asthma gymnastics to lung function and breathe muscles power improvement of pasien with asthma in Asthma Gymnastics Group in Tangerang State Hospital. Design of the research in control group, pre test – post test. A 50 sample (25 patient of intervention group and 25 patient of control group) is chosen by using purposive sampling method. The intervention group experience asthma gymnastic for 8 weeks, three times a week on Wednesday, Friday, and Sunday. The research show that the average values of breathe muscle power ($p=0.0005$) and lung functions ($p=0.0005$) between before asthma gymnastic intervention and after asthma gymnastic intervention is significant difference ($p=0.0005$). Average value of breathe muscles power ($p=0.0005$) and average value of lung function ($p=0.0005$) after intervention between weight and breathe muscles power ($p=0.0005$) and between asthma gymnastics and lung functions and breathe muscles power improvement for patient with asthma in Asthma Gymnastics Group in Tangerang State Hospital, controlled by weight and height. Base on the research , it is recommended that asthma gymnastic become nursing intervention program for asthma treatment management to improve breathe muscles power and lung function.

Key words: breathe muscle power, lung function, asthma gymnastic, patient with asthma.

Bibliography: 34 (1996 – 2007)