

**THE IMPLEMENTATION OF ASTHMA WITH *BUTEYKO*
BREATHING
AS AN TO REDUCE ASTHMA RELAPSED VIDEO MEDIA**

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ABSTRAK

Background: According to the *World Health Organization* (WHO), approximately 339 million people suffer from asthma. The prevalence of asthma in Indonesia reaches 2.4% of the total population. Asthma is a chronic inflammatory disorder of the airways. Asthma sufferers who cause persistent symptoms can aggravate asthma sufferers. for that we need the right way to reduce the symptoms of asthma recurrence. **Methods:** : Management of asthma sufferers can be handled in a non-pharmacological way, namely by way of asthma exercise with the buteyko breathing technique through video media. This method effectively used because there has been research journals that prove the effectiveness of exercise-related asthma and Tech ik breathing *Buteyko* to reduce the recurrence of asthma. **Result:** Media videos can be used with the aim to increase knowledge and can provide clearer information in the delivery of materials and can motivate people with asthma to do it as a routine **Conclusion:** Using video media can provide information on how to reduce asthma recurrence in asthma sufferers.

Keywords : *Asthma, Asthma Exercise, Buteyko Breathing Technique, Video*