

**BUTEYKO BREATHING TECHNIQUES USEFUL IN ASTHMA CONTROL  
THROUGH THE BOOKLET MEDIA**

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**SUMMARY**

**Background:** Asthma is an inflammatory disease (inflammation) characterized by wheezing, shortness of breath, and recurring cough due to obstruction of the respiratory tract. In Indonesia, there are many people aged 18-48 years who suffer from asthma, asthma is mostly suffered by the middle to lower class with a percentage of 4.7% and the poor with a percentage of 5.8%. Asthma control can be done with several exercises, namely asthma exercises, yoga, and the Buteyko technique. One of the efforts that can be done to reduce asthma symptoms is non-pharmacological with breathing exercises with complementary therapies can be done by breathing techniques, relaxation techniques. A complementary therapy developed to improve breathing in asthmatics using the Buteyko technique. The Buteyko technique can reduce airway constriction with the principle of shallow breathing exercises so that it can reduce asthma symptoms such as coughing, chest tightness, wheezing, and shortness of breath with pause control and shallow breathing. **Method;** The IEC output method used was to use a media booklet containing the buteyko technique education as an effort to reduce asthma symptoms. **Result;** The resulting project output is in the form of a booklet entitled "The Buteyko Technique One of the Efforts to Reduce Asthma Symptoms". **Conclusion;** This booklet was created to increase readers' knowledge, especially in asthmatics, about the Buteyko technique method as an effort to reduce asthma symptoms.

**Keywords:** Asthma, Buteyko Technique, Booklet