

## **ABSTRACT**

### **EFFECT OF COMBINATION OF RESPIRATORY MUSCLE STRETCH GYMNASTIC (RMSG) WITH DEEP BREATHING EXERCISE ON LUNG CAPACITY IN THE ELDERLY**

**Background:** Aging causes several diseases such as disorders of blood circulation, joints, respiratory system, neurology, metabolic, neoplasm and mental. Some physical abilities that occur, one of which is the respiration system, experience a functional decline in the elderly because the elasticity of the lung tissue and chest wall decreases, so that the elderly have difficulty breathing. Exercises that can be done by the elderly to maintain respiration function are Respiratory Muscle Stretch Gymnastic (RMSG). RMSG consists of respiratory muscle stretching exercises and breathing exercises. Respiratory muscle stretching exercises have the benefit of maintaining muscle flexibility and flexibility. **Objective:** to determine the effect of the combination of Respiratory Muscle Stretch Gymnastic with Deep Breathing Exercise on lung capacity in the elderly. **Methods:** This research is a Quasi Experiment with the research design One Group Pre Test-Post Test Without Control Group Design. In this study there was only 1 group that was given an intervention, namely the combination of Respiratory Muscle Stretch Gymnastic (RMSG) with Deep Breathing Exercise. Intervention was carried out 3x a week for one month. Data analysis using the Wilcoxon effect test. **Results:** The results of this study indicate that there is an effect of giving a combination of Respiratory Muscle Stretch Gymnastic with Deep Breathing Exercise ( $p=0.025$ ) on the lung capacity of the elderly before and after the intervention. **Conclusion:** There is an effect of giving a combination of Respiratory Muscle Stretch Gymnastic with Deep Breathing Exercise on lung capacity in the elderly.

**keywords:** Respiratory Muscle Stretch Gymnastic, Deep Breathing Exercise, Lung Capacity of the Elderly.