ABSTRAK

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PENGARUH PEMBERIAN *ACTIVE CYCLE OF BREATHING TECHNIQUE* TERHADAP DERAJAT SESAK NAPAS PADA KASUS PENYAKIT PARU OBSTRUKTIF KRONIK (PPOK) DI BBKPM SURAKARTA

ABSTRAK

Latar belakang: Jumlah perokok di Indonesia yang tinggi menyebabkan prevalensi penderita Penyakit Paru Obstruktif Kronik (PPOK) juga tinggi. Penderita PPOK mengalami penyempitan jalan napas, peningkatan penyumbatan aliran udara dan hilangnya elastisitas paru, menyebabkan udara terjepit dan gangguan pertukaran gas mengakibatkan *dyspnea* atau sesak napas, batuk, produksi *sputum* meningkat dan mengi. Peran fisioterapi sangat dibutuhkan untuk membantu dalam mengurangi keluhan penderita, melatih pernapasan, memperbaiki pola pernapasan, dan membantu mengeluarkan *mucus* serta membantu membersihkan jalan napas salah satunya dengan latihan napas ACBT. **Tujuan:** Mengetahui pengaruh pemberian ACBT terhadap derajat sesak napas pada kasus PPOK. **Metode:** Penelitian kuantitatif jenis *Quasy Experimental* menggunakan rancangan *Two Group Pre Test-Post Test Design*. Pengambilan sampel menggunakan teknik *consecutive sampling*, dengan jumlah sampel penelitian 40 responden, sedangkan instrument penelitian menggunakan Skala Borg untuk mengukur derajat sesak napas. Uji pengaruh menggunakan uji *Wilcoxon Signed Ranks Test*. **Hasil:** Hasil uji *Wilcoxon Signed Ranks Test* bahwa pada kelompok perlakuan menunjukkan nilai $p < 0,001$($p < 0,05$) dapat dikatakan terdapat perbedaan yang signifikan derajat sesak napas sebelum dan sesudah diberikan latihan napas ACBT, sedangkan pada kelompok control didapatkan bahwa nilai p 0, 083 ($p > 0,05$) maka dapat dikatakan bahwa tidak terdapat perbedaan derajat sesak napas sebelum dan sesudah penelitian pada kelompok kontrol. **Kesimpulan:** Dapat disimpulkan bahwa adanya pengaruh pemberian *Active Cycle of Breathing Technique* terhadap derajat sesak napas pada kasus penyakit paru obstruktif kronik (PPOK) di BBKPM Surakarta.

Kata kunci : *sesak napas, PPOK, ACBT*

ABSTRACT

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INFLUENCE ADDING ACTIVE CYCLE OF BREATHING TECHNIQUE TO DYSPNEA DEGREE IN CAUSE OF CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) AT BBKPM SURAKARTA

ABSTRACT

Background: *High number of smokers in Indonesia cause the prevalence of Chronic Obstructive Lung Disease (COPD) is also high. COPD sufferers have narrowed airway, increased airflow obstruction and loss of lung elasticity, causing pinched air and gas exchange disturbances resulting in dyspnea or shortness of breath, coughing, sputum production increased and wheezing. The role of physiotherapy is needed to help in reducing patient complaints, train breathing, improve respiratory patterns, and help remove mucus and help clear the airway one of them with ACBT breathing exercise.* ***Objectives****: To determine the effect of ACBT on the dypsnea in cases of COPD.* ***Method****: Quasyitative Quasual Experimental research uses the design of Two Group Pre-Test Post Test Design. The sample used consecutive sampling technique, with research technique 40 sample, where as instrument research used borg scale for measure dyspnea. Effect test used Wilcoxon Signed Ranks Test.* ***The result****: Wilcoxon Signed Ranks Test that in the treatment group showing p < 0,001 (p < 0,05) it can be said there are significant differences dyspnea before and after giving a breath exercise with Active Cycle of Breathing Technique, where as in control group got result p 0,0083 (p > 0,05), so it can be said that there is no defferences dyspnea before and after research in control group.* ***Conclusion****: It can be conclude that there is the effect of giving Active Cycle of Breathing Technique to dypnea in cases of chronic obstructive pulmonary disease (COPD) in BBKPM Surakarta.*

Keywords: *dyspnea, COPD, ACBT*