

**APPLICATION OF TECHNIQUES DIAPHRAGMATIC BREATHING  
EXERCISE TO CHANGES RESPIRATORY RATE  
IN ASTHMA PATIENTS IN JEBRES**

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**ABSTRACT**

**Background:** Asthma is a respiratory ailment, resulting in claustrophobia and difficulties. Pravelasthma in the world according to WHO in 2022 estimates that 235 million people suffer from asthma. In Indonesia from 2013 through 2018, it reaches 4,5% (46.335 people). In central Java in 2021, there are 113.028, and it's highest in the city of Surakarta 10.393 cases. If not treated immediately, an asthma attack could cause a hypoxia that leads to death. One way to reduce severity is through breathing exercise. One of them is diaphragmatic breathing exercise. An advantage of such techniques is that they can enhance diaphragm, increase oxygen saturation, lower respiratory work and reach more optimal ventilation. **Purpose:** To determine the result of the practice of diaphragmatic breathing exercise againts asthma rate changes in the Jebres. **Method:** Using a descriptive method, the number of respondents is 2 people with asthma, and implementation of it using diaphragmatic breathing exercise. **Results:** RR on both respondents before application is fast, RR on both respondents after application is normal. **Conclusion:** RR development in both respondents before application falls in the category of rapid breathing and after pene is given.

**Keyword:** diaphragmatic breathing exercise, respiratory rate, asthma