

# **EFFECT OF BUTEYKO BREATHING TECHNIQUE ON PATTERN BREATHING IS NOT EFFECTIVE IN BRONCHIAL ASTHMA CLIENTS IN THE IGD OF PANDAN ARANG BOYOLALI HOSPITAL**

Eka Jamiatun , Hermawati , Panggah Widodo

[ekajamiatun.students@aiskauniversity.ac.id](mailto:ekajamiatun.students@aiskauniversity.ac.id)

‘Aisyiyah University, Surakarta

## **ABSTRAK**

**Background:** The prevalence of bronchial asthma in Indonesia is one of the top 10 causes of morbidity and mortality. The incidence of asthma is 88% in developing countries. The highest rate of asthma in Indonesia is the Yogyakarta Special Region (DIY) province at 4.5%, while the West Nusa Tenggara province is in 7th place nationally with a prevalence of 2.5%. Bronchial Asthma is a disease of the respiratory tract. This disease is caused by inflammation that occurs in the bronchial area. Patients who are hospitalized often experience respiratory distress which is characterized by rapid breathing, chest retraction, nostril breathing and accompanied by stridor. The form of non-pharmacological treatment is complementary treatment which can be done with physical activity and breathing exercises. The breathing technique used to reduce shortness of breath in people with bronchial asthma is the Buteyko breathing technique. **Objective:** To find out the results of the implementation of the Buteyko Breathing Technique for Ineffective Breathing Patterns in Bronchial Asthma Patients in the Emergency Room at Pandan Arang Hospital, Boyolali. **Method:** Descriptive research in the form of a case study to see the results of implementation. This case study provides the implementation of the Buteyko breathing technique for ineffective breathing patterns in clients with bronchial asthma. **Results:** shows that the final results of the two respondents, namely Mr. S, experienced a decrease in respiration from 28 x/minute to 21 x/minute and Mrs. M experienced a decrease in respiration from 26 x/minute to 20 x/minute. The results obtained were a decrease in respiration in 2 respondents. **Conclusion:** There were results of a decrease in respiration on ineffective breathing patterns in patients with bronchial asthma in the emergency room at Pandan Arang Hospital, Boyolali

**Keywords:** Bronchial Asthma, Buteyko, Breathing Pattern