

# **EDUCATIONAL VIDEO ON AS AN INTERVENTION FOR ASTHMA CONTROL IN CHILDREN**

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## **SUMMARY**

**Background:** Asthma is one of the diseases that can affects children. It is a health problem with a prevalence of around 300 million individuals worldwide and contributing to a mortality rate of approximately 1,000 cases per day. Asthma can affect quality of life in children, such as physical, mental, social, and emotional well-being. One of the therapies that can be applied to control asthma is the balloon blowing breathing exercise. **Objective:** Producing an educational video titled “Control Childhood Asthma with Balloon Blowing” to provide information to families of children with asthma. **Method:** Creating a video media using Canva and CapCut applications to make it easier for families of children with asthma to access information. **Result:** A video entitled “Controlling Childhood Asthma with Balloon Blowing” with a duration of 6 minutes 30 seconds and a file size of 299 MB, containing information about asthma and education on the balloon blowing exercise so it can be applied to children. **Conclusion:** This video media is expected to facilitate the delivery of information, insights, and knowledge to families of children with asthma to help control the disease.

**Keywords:** Asthma, Balloon Blowing Exercise, Educational Video