

A METHOD OF GIVING DEEP BREATH RELAXATION TECHNIQUES TO CONTROL BREATHING IN ASTHMA SUFFERERS WITH VIDEO MEDIA

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SUMMARY

Background ; The prevalence of asthma in Indonesia reaches 4.5% or equivalent to 11.8% million patients. Asthma is a condition in which the airways are narrowed due to hyperactivity to stimuli. One of the non-pharmacological treatments that can be used to control breathing in asthma is a deep breath relaxation technique. Deep breath relaxation is done by taking a deep breath from the nose then exhaling slowly through the mouth. The media used is video. **Method ;** Videos can be used as a medium that can add information for asthmatics to apply deep breath relaxation techniques to control breathing. **Result;** The final project with the title "Breathing Relaxation Techniques in Controlling Breathing in Asthma Sufferers". **Conclusion;** The author chose the video because it can display images, movements and sounds that are easy for asthmatics to understand. It is hoped that this video can be useful as a medium that can be used as a solution in conveying information to asthma sufferers in order to apply deep breath relaxation techniques independently.

Keywords: Asthma, Deep Breath Relaxation, Video.