

**EDUCATION OF BALLON BLOWING TECHNIQUES TO REDUCE
BREATHLESSNESS IN ASTHMA PATIENTS
WITH VIDEO MEDIA**

Sucita Alifadindah, Riyani Wulandari

Sucitaalifadinda23@gmail.com

Universitas 'Aisyiyah Surakarta

SUMMARY

Back Ground: According to the World Health Organization (WHO) (2020) shows the number of asthma patients is around 262 milion and caused 461.000 deaths. Asthma is a chronic inflammatory disorder of the airways. People with asthma who cause persistent symptoms can worsen the condition of asthmatics. For that we need the right way to reduce the symptoms of asthma recurrence. ***Methods:*** management of asthmatics can be handled by non-pharmacological methods, one of which is by breathing relaxation techniques with balloon blowing through video media. This method is effectively used because there are already research journals that prove the effectiveness of the balloon blowing technique to reduce shortness of breath in asthmatics. ***Result:*** Video media can be used with the aim of increasing knowledge and providing clearer and more specific information because it contains images, sounds and writing together so that it motivates people to do it independently. ***Conclusion:*** Video media can provide information on how to reduce shortness of breath in asthmatics so that people are motivated to apply it in their daily lives.

Key Word : *asthma, balloon blowing breathing technique, video*