

ABSTRAK

EFEKTIFITAS BALLON BLOWING EXERCISE TERHADAP SATURASI OKSIGEN PADA PASIEN COPD DI RUANG MELATI RSUD BANGIL

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Chronic obstructive pulmonary disease (COPD) merupakan salah satu penyakit mematikan di dunia yang menyebabkan berbagai gangguan pada paru-paru. Salah satu manifestasi klinis yang muncul adalah dyspnea yang jika dibiarkan terus-menerus dapat menyebabkan penurunan kadar saturasi oksigen. Intervensi non Farmakologi seperti *Balloon Blowing Exercise* dapat membantu pasien COPD dalam mengurangi dispnea. Penelitian ini bertujuan untuk mengetahui efektivitas *balloon blowing exercise* terhadap saturasi oksigen pada pasien COPD. Desain yang digunakan dalam penelitian yang dilakukan pada tanggal 8 - 16 juli 2023 di ruang Melati RSUD Bangil ini adalah *Pra-Eksperimental One Group Pre-Post Test Design* dengan jumlah sampel 25 responden yang diperoleh dengan teknik *Consecutive Sampling*. Hasil penelitian menunjukkan sebelum latihan *ballon blowing exercise* seluruh responden nilai SpO₂ tetap (SpO₂ ≤ 95%) dan sesudah latihan *ballon blowing exercise* nilai SpO₂ meningkat (>95%). Hasil uji statistik *Wilcoxon Rank Test*, didapatkan nilai p-value = 0,000 < alpha (α = 0,05). Hal ini berarti menerima H1 menunjukkan bahwa Ada Efektifitas *ballon blowing exercise* terhadap saturasi oksigen pada pasien COPD di ruang melati RSUD Bangil. Disarankan Latihan *ballon blowing exercise* dapat diberikan sebagai terapi non farmakologis untuk meningkatkan saturasi oksigen, memperbaiki ventilasi dan difusi oksigen sehingga mempercepat kesembuhan pasien COPD.

Kata Kunci : Pasien COPD, Saturasi Oksigen , Ballon Blowing Exercise

ABSTRACT

EFFECTIVENESS OF BALLON BLOWING EXERCISE ON OXYGEN SATURATION IN COPD PATIENTS IN THE JASMINE ROOM, BANGIL HOSPITAL

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COPD (Chronic Obstructive Pulmonary Disease) is one of the deadliest diseases in the world that causes various lung disorders. One of the clinical manifestations that appears is dyspnea which if left to continue can cause a decrease in oxygen saturation levels. Non Pharmacological interventions such as balloon blowing exercises can help COPD patients to reduce dyspnea. This research aims to determine the effectiveness of balloon blowing exercise on oxygen saturation in COPD patients. Design used in research conducted on 8-16 July 2023 in Melati Room of Bangil Hospital is the Pre-Experimental One Group Pre-Post Test Design with 25 respondents which obtained with the Consecutive Sampling technique. The results showed that before the balloon blowing exercise, all respondents had a constant SpO₂ value (SpO₂ ≤ 95%) and after the balloon blowing exercise the SpO₂ value increased (>95%). The results of Wilcoxon Rank obtained p-value = 0.000 < alpha (0.05). This means that accepting H₁ indicates that there is an effectiveness of balloon blowing exercise on oxygen saturation in COPD patients in the jasmine room of Bangil Hospital. It is suggested that balloon blowing exercise can be given as a non-pharmacological therapy to increase oxygen saturation, improve ventilation and oxygen diffusion so as to accelerate the recovery of COPD patients.

Keywords: COPD Patients, Oxygen Saturation, Balloon Blowing Exercise