

ABSTRAK

PENGARUH *PURSED LIPS BREATHING* TERHADAP FREKUENSI NAFAS PADA PASIEN PNEUMONIA DI RS SAHABAT PASURUAN

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Masalah oksigenasi pada pasien pneumonia ditandai dengan peningkatan frekuensi nafas. Penatalaksanaan non farmakologis untuk menormalkan frekuensi nafas adalah *pursed lip breathing*. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian *pursed lip breathing* terhadap *respiration rate* pada pasien Pneumonia. Desain penelitian ini menggunakan *one group pretest-post test design*. Populasi dalam penelitian ini adalah seluruh pasien Pneumonia di RS Sahabat Pasuruan pada bulan Agustus 2023 sebanyak 30 orang. Teknik *sampling* penelitian ini adalah *consecutive sampling*. Besar sampel yang memenuhi kriteria inklusi dan eksklusi sebanyak 20 orang. Instrumen penelitian menggunakan SOP *Pursed Lips Breathing* dan lembar observasi. Analisa data menggunakan Uji *Paired t Test*. Hasil penelitian ini menunjukkan bahwa nilai rata-rata *respiration rate* sebelum pemberian kombinasi *pursed lip breathing* adalah 29x/menit, dan nilai rata-rata *respiration rate* sesudah pemberian *pursed lip breathing* adalah 19,5x/menit. Rata-rata penurunan frekuensi nafas adalah 9,5x/menit. Hasil uji *Paired t Test* menunjukkan $p\ value = 0,000 < \alpha 0,05$, yang berarti bahwa H_0 ditolak dan H_1 diterima, artinya pengaruh pemberian *pursed lip breathing* terhadap *respiration rate* pada pasien Pneumonia di RS Sahabat Pasuruan tahun 2023. *Pursed lips breathing* dapat menurunkan frekuensi nafas hingga normal. *Pursed lip breathing* akan melonggarkan rongga dada, memberikan tekanan positif pada paru sehingga udara dapat keluar masuk lebih lancar dan mengurangi sesak nafas.

Kata Kunci: *pursed lip breathing, respiration rate, Pneumonia*

ABSTRACT

THE EFFECT OF PURSED LIPS BREATHING ON BREATH FREQUENCY IN PNEUMONIA PATIENTS AT SAHABAT HOSPITAL PASURUAN

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Oxygenation problems in pneumonia patients are characterized by increased respiratory frequency. Non-pharmacological treatment to normalize breathing frequency was pursed lip breathing. This aim of this study was to determine the effect of giving pursed lip breathing on the respiration rate in pneumonia patients. This research design uses a one group pretest-post test design. The population in this study was all 30 pneumonia patients at Pasuruan Friendship Hospital in August 2023. The sampling technique for this research was consecutive sampling. The sample size that met the inclusion and exclusion criteria was 20 people. The research instrument used Pursed Lips Breathing SOP and observation sheets. Data analysis using the *Paired t Test* Test. The results of this study indicated that the average respiration rate before giving the pursed lip breathing combination was 29x/minute, and the average respiration rate after giving pursed lip breathing was 19.5x/minute. The average decrease in respiratory frequency was 9.5x/minute. *Paired t Test* test results showed p value = 0.000 $< \alpha$ 0.05, which meant that H_0 was rejected and H_1 was accepted, meaning that the effect of pursed lip breathing on respiration rate in Pneumonia patients at Sahabat Hospital Pasuruan in 2023. Pursed lip breathing can reduce respiratory frequency by up to normal. Pursed lip breathing will loosen the chest cavity, provide positive pressure on the lungs so that air can go in and out more smoothly and reduce shortness of breath.

Keywords: pursed lip breathing, respiration rate, pneumonia