

ABSTRAK

PENGARUH FISIOTERAPI DADA DAN BATUK EFEKTIF TERHADAP PENGELUARAN SPUTUM PADA ANAK PNEUMONIA

(Studi Di Ruang Edelweis RSUD Syamrabu Bangkalan)

Figur Satria

¹Universitas Bina Sehat PPNI Kabupaten Mojokerto

²Program Studi S1 Keperawatann Fakultas Ilmu Kesehatan

E-mail : vigurtoger21@gmail.com

Pneumonia merupakan penyakit terbanyak yang sering diderita oleh anak, yang dapat menyebar dengan mudahnya terutama saat anak berinteraksi dengan anak lainnya yang terserang pneumonia. Pneumonia menyebabkan infeksi pada saluran nafas dan menimbulkan adanya penumpukan sputum. Sputum yang dihasilkan sering kali susah dikeluarkan bersamaan saat anak pneumonia batuk. Untuk mengatasi hal tersebut dapat dilakukan dengan terapi non farmakologi, yaitu fisioterapi dada dan batuk efektif. Penelitian ini bertujuan untuk menganalisis pengaruh kombinasi fisioterapi dada dan batuk efektif terhadap pengeluaran sputum pada anak pneumonia di Ruang Edelweis RSUD Syamrabu Bangkalan. Penelitian ini dilaksanakan pada bulan Juli-Agustus 2024. Design penelitian ini menggunakan penelitian Pre Eksperimen dengan pendekatan One Group Pretest Posttest Design. Populasi penelitian adalah semua anak pneumonia usia 7-12 tahun di Ruang Edelweis RSUD Syamrabu Bangkalan yang berjumlah 42 anak pneumonia. Dengan jumlah sampel 38 responden berdasarkan perhitungan rumus slovin dengan tehnik consecutive sampling. Variable Independent kombinasi fisioterapi dada dan batuk efektif. Variable Dependent pengeluaran sputum. Menggunakan Analisa Wicoxon test didapatkan nilai $p = <,001$ ($p = 0,05$) yang artinya Ada Pengaruh Kombinasi Fisioterapi Dada dan Batuk Efektif Terhadap Pengeluaran Sputum pada Anak Pneumonia di Ruang Edelweis RSUD Syamrabu Bangkalan. Hasil penelitian ini menunjukkan adanya pengaruh pengeluaran sputum sebelum dan setelah dilakukannya kombinasi fisioterapi dada dan batuk efektif pada anak dengan pneumonia. dikombinasi fisioterapi dada dengan batuk efektif akan mempermudah pengeluaran sekret, sekret menjadi lepas dari saluran pernafasan dan akhirnya dapat keluar melalui mulut dengan adanya proses batuk efektif.

Kata Kunci : Pneumonia, Fisioterapi Dada dan Batuk Efektif, Pengeluaran Sputum

ABSTRACT

THE EFFECT OF EFFECTIVE CHEST PHYSIOTHERAPY AND COUGHING ON SPUTUM EXPOSURE IN CHILDREN WITH PNEUMONIA

(Study in the Edelweiss Room at Syamrabu Bangkalan Regional Hospital)

Figur Satria

¹PPNI Health Development University, Mojokerto Regency

²Bachelor of Nursing Study Program, Faculty of Health Sciences

Email : vigurtoger21@gmail.com

Pneumonia is the most common disease suffered by children, which can spread easily, especially when children interact with other children who have pneumonia. Pneumonia causes infection in the respiratory tract and causes a buildup of sputum. The sputum produced is often difficult to expel when a child with pneumonia coughs. To overcome this, non-pharmacological therapy can be done, namely chest physiotherapy and effective coughing. This study aims to analyze the effect of a combination of chest physiotherapy and effective coughing on sputum discharge in children with pneumonia in the Edelweiss Room at Syamrabu Hospital, Bangkalan. This research was carried out in July-August 2024. This research design used Pre-Experimental research with a One Group Pretest Posttest Design approach. The research population was all children with pneumonia aged 7-12 years in the Edelweiss Room at Syamrabu Bangkalan Regional Hospital, totaling 42 children with pneumonia. With a sample size of 38 respondents based on the Slovin formula calculation using consecutive sampling technique. Variable Independent combination of chest physiotherapy and coughing is effective. Dependent variable sputum output. Using the Wicoxon test analysis, the value obtained was $p = <.001$ ($p = 0.05$), which means that there is an effect of a combination of chest physiotherapy and effective coughing on sputum production in children with pneumonia in the Edelweiss Room at Syamrabu Bangkalan District Hospital. The results of this study show that there is an effect of sputum expulsion before and after a combination of chest physiotherapy and coughing is effective in children with pneumonia. Combining chest physiotherapy with effective coughing will make it easier to expel secretions, the secretions will be released from the respiratory tract and can finally be expelled through the mouth with an effective coughing process.

Keywords: Pneumonia, Chest Physiotherapy and Effective Cough, Sputum Discharge