

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA
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Pengaruh *Pursed Lip Breathing* Terhadap Status Fungsional Pulmonal Oksimetri
Pada Pasien Bronkopenomnia di Rumah Sakit Mitra Plumbon Majalengka

xiv + 60 halaman + 4 tabel + 2 bagan + 8 lampiran

ABSTRAK

Bronkopneumonia adalah peradangan umum dari paru-paru, juga disebut sebagai pneumonia bronkial, atau pneumonia lobular. Peradangan dimulai dalam tabung bronkial kecil bronkiolus, dan tidak teratur menyebar ke alveoliperibronchiolar dan saluran alveolar. Salah satu tindakan nonfarmakologi untuk meningkatkan status fungsional pulmonal oksimetri pada pasien bronkopenomnia yaitu *pursed lip breathing*. Tujuan penelitian ini untuk mengetahui pengaruh *pursed lip breathing* terhadap status fungsional pulmonal oksimetri pada pasien bronkopenomnia di Rumah Sakit Mitra Plumbon Majalengka.

Jenis penelitian menggunakan *Quasi Experiment* dengan rancangan *One Group Pre-test Post-test*. Populasi dalam penelitian ini adalah pasien bronkopneumonia di Rumah Sakit Mitra Plumbon Majalengka dan teknik pengambilan sampel menggunakan metode *purposive sampling* sebanyak 65 orang. Pengambilan data menggunakan lembar observasi. Analisa data dilakukan dengan menggunakan analisa univariat dengan persentase dan analisa bivariat dengan uji *Wilcoxon*.

Hasil penelitian menunjukkan bahwa hasil pretest diperoleh sebagian besar responden (56,9%) memiliki status fungsional pulmonal oksimetri dalam kategori normal dan hasil posttest diperoleh sebagian besar responden (64,6%) memiliki status fungsional pulmonal oksimetri dalam kategori normal. Hasil uji statistik *Wilcoxon* diperoleh $p\text{ value} = 0,000 < \alpha (0,05)$ menunjukkan bahwa H_a diterima artinya terdapat pengaruh *pursed lip breathing* terhadap status fungsional pulmonal oksimetri pada pasien bronkopenomnia di Rumah Sakit Mitra Plumbon Majalengka.

Diharapkan perawat dapat memberikan edukasi pemberian *pursed lip breathing* untuk meningkatkan status fungsional pulmonal oksimetri pasien bronkopenomnia.

Kata Kunci : *Pursed Lip Breathing*, Status Fungsional Pulmonal Oksimetri, Bronkopenomnia.

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**MAHARDIKA INSTITUTE OF TECHNOLOGY AND HEALTH
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The Effect of Pursed-Lip Breathing on the Functional Status of Pulmonary Oximetry in Bronchopenia Patients at the Plumbon Majalengka Hospital

xiv + 60 pages + 4 tables + 2 schemes + 8 enclosures

ABSTRACT

Bronchopneumonia is a common inflammation of the lungs, also referred to as bronchial pneumonia or lobular pneumonia. Inflammation begins in small bronchial tube bronchioles and irregularly spreads to alveoli, peribronchiolar, and alveolar channels. One of the non-pharmacological actions to improve the functional status of the pulmonary oximetry in bronchopenomonia patients is pursed-lip breathing. The purpose of this study was to determine the effect of pursed-lip breathing on the functional status of pulmonary oximetry in bronchopenia patients at the Plumbon Majalengka Hospital.

The type of research uses quasi-experiments with the design of one group pre-test and post-test. The population in this study were bronchopneumonia patients at the Majalengka Plumbon Mitra Hospital, and sampling techniques were used using the 65-person purposive sampling method. Data collection using an observation sheet Data analysis was carried out using univariate analysis with a bivariate percentage and the Wilcoxon test.

The results showed that the pretest results were obtained by most respondents (56.9%) who had a pulmonary functional status of oximetry in the normal category, and the posttest results were obtained by most of the respondents (64.6%) who had a functional status of pulmonary oximetry in the normal category. Wilcoxon statistical test results obtained (value = 0,000 < α (0.05)) show that ha accepted means there is an influence of pursed lip breathing on the functional status of pulmonary oximetry in bronchopenomonia patients in the Plumbon Majalengka Hospital.

It is expected that nurses can provide educational pursed-lip breathing to improve the functional status of pulmonary oximetry in bronchopenia patients.

Keywords : Pursed Lip Breathing, the Functional Status of Pulmonary Oximetry, Bronchopenomonia

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