

PENGARUH INTERVENSI EDUKASI TENTANG *SELF MANAGEMENT*
LATIHAN *PURSED LIPS BREATHING* TERHADAP EFIKASI DIRI
DAN *PEAK EXPIRATORY FLOW RATE* PASIEN PPOK

Emdat Suprayitno¹, Titiek Hidayati², Azizah Khoiriyati³

Program Magister Keperawatan Program Pascasarjana
Universitas Muhammadiyah Yogyakarta

ABSTRAK

Latar Belakang: Penyakit paru obstruktif kronik (PPOK) merupakan masalah utama kesehatan masyarakat di dunia. Sesak nafas adalah masalah utama pasien PPOK. Pasien PPOK mengalami masalah dan penurunan nilai *peak expiratory flow rate* (PEF) serta penurunan kepercayaan terhadap kemampuan melakukan perawatan diri. Intervensi yang dapat dilakukan pada pasien PPOK adalah edukasi tentang *self management* dan latihan nafas dengan *pursed lips breathing* (PLB).

Tujuan: Mengetahui pengaruh intervensi edukasi tentang *self management* dan latihan *pursed lips breathing* terhadap efikasi diri dan *peak expiratory flow rate* (PEF) pasien PPOK.

Metode: Desain penelitian *true experiment, pretest – post test design with control group*. Sampel berjumlah 30 responden dengan *random sampling*. Kelompok perlakuan 15 responden diberikan edukasi *self management* 1x seminggu selama 4 minggu dan latihan PLB dilakukan 3x seminggu selama 4 minggu. Kelompok kontrol 15 responden hanya mendapatkan terapi standar pengobatan dari rumah sakit. Analisis menggunakan uji *paired t test* dan *independent t test*.

Hasil: Hasil uji *paired t test* kelompok perlakuan skor efikasi diri $p=0.000$ dan nilai PEF $p=0.000$. Hasil uji *paired t test* kelompok kontrol pada skor efikasi diri $p=0.0900$ dan nilai PEF $p=0.334$. Hasil uji *independent t test* kelompok perlakuan dan kontrol pada skor efikasi diri $p=0.000$ dan nilai PEF $p=0.637$. Hasil uji *independent t test* selisih (delta) rata-rata skor efikasi diri $p=0.000$ dan nilai PEF $p=0.000$.

Kesimpulan: Terdapat pengaruh edukasi *self management* dan latihan *pursed lips breathing* terhadap peningkatan skor efikasi diri dan nilai PEF. Terdapat perbedaan skor efikasi diri pada kelompok perlakuan dan kelompok kontrol namun tidak terdapat perbedaan nilai PEF pada kelompok perlakuan dan kelompok kontrol setelah intervensi edukasi *self management* dan latihan PLB. Intervensi *self management* dan latihan PLB efektif meningkatkan skor efikasi diri dan nilai PEF pada pasien PPOK.

Kata Kunci: Penyakit paru obstruksi kronis (PPOK), Efikasi diri, *Peak expiratory flow rate* (PEF), *Self management*, *Pursed lips breathing* (PLB)

*EFFECT OF SELF MANAGEMENT EDUCATION, PURSED LIPS
BREATHING EXERCISE ON SELF EFFICACY AND PEAK
EXPIRATORY FLOW RATE IN COPD PATIENT*

Emdat Suprayitno¹, Titiek Hidayati², Azizah Khoiriyati³

Master Nursing Program of Post-Graduate Program
Universitas Muhammadiyah Yogyakarta

ABSTRACT

Background: *Chronic obstructive pulmonary disease (COPD) is a major public health problem in the world. Shortness of breath is a major problem of COPD patient. COPD Patients experienced decrease of peak expiratory flow rate value and their confidence in the ability of doing their self care. The intervention can be done to patients COPD are self management education and pursed lips breathing exercise.*

Objective: *To analyzed the effect of self management education and pursed lips breathing exercise on self efficacy and peak expiratory flow rate in COPD patients.*

Method: *This research method was true experiment, pretest-post test design with control group involving 30 respondents with random sampling. Intervention group were 15 respondents that provided self management education once a week for 4 weeks and PLB exercise three times a week for 4 weeks. Control group were 15 respondents that only getting standard treatment from the hospital. Data analysis was performed with paired t test and independent t test.*

Results: *The results of paired t test on self efficacy score are $p=0.000$ and PEF value $p=0.000$ for intervention group and self efficacy score $p=0.900$, PEF value $p=0.334$ for control groups. The result of independent t test in intervention and control group self efficacy score $p= 0.000$, PEF value $p=0.637$. . The result of independent t test in different of delta self efficacy score between intervention group and control group $p=0.000$, PEF value $p=0.000$.*

Conclusion: *There was influence of self management education and PLB exercise to increased self efficacy score. There was difference score of self efficacy but no different on PEF value after self management education and PLB exercise between intervention group and control group. Self management education and PLB exercise effective to increase self efficacy score and PEF value on COPD patient.*

Keywords: *Chronic obstruction pulmonary disease (COPD), Self efficacy, Peak expiratory flow rate (PEF), Self management, Pursed lips breathing (PLB).*