

DAFTAR PUSTAKA

- Alexandra, H. 2001. *Physiotherapy in Respiratory Care*. United Kingdom: Nelson Thornes. p. 172
- Andrianty, f., & Adiputra, n. (2017). Penambahan pursed lips abdominal breathing pada latihan aerobik lebih baik dalam meningkatkan kapasitas fungsi paru penderita asma bronkial. *sport and fitness journal*, 5(1).
- Ahmed, M. N. U., Begum, S., Sultana, S., & Ali, T. (2014). Effects of Pulmonary Rehabilitation on Lung Functions in Patients with COPD. *Journal of Bangladesh Society of Physiologist*, 8(2), 70-76.
- Agustin H & Yunus F. 2008. *Proses Metabolisme pada Penyakit Paru Obstruktif Kronik (PPOK)*. Jakarta: Departemen Pulmonologi dan Ilmu Kedokteran Respirasi FKUI – SMF – Paru, RS Persahabatan.
- Aini, F. 2008. *Pengaruh Breathing Retraining terhadap Peningkatan Fungsi Ventilasi Paru pada Asuhan Keperawatan Pasien PPOK* <http://www.jki.ui.ac.id/index.php/jki/article/viewFile/196/pdf/61>
- Ali, Z. 2000. *Dasar-dasar pendidikan kesehatan masyarakat*. Jakarta: EGC, hal: 87-89
- Allgood, M. R. (2006). Introduction to nursing theory: its history, significance, and analysis. *Nursing theorists and their work*, 3-15.
- Ambrosino, N. & Serradori, M. (2006). *Comprehensive Treatment of Dyspnoea in Chronic Obstructive Pulmonary Disease Patients*. University Hospital of Pisa: Long Termhealth Care
- Ambrosino, N., Giorgio, M.D., & Paco, A.D. (2006). Strategies to improve breathlessness and exercise tolerance in chronic obstructive pulmonary disease. *Elsevier Respiratory Medicine*. 2:2-8.
- Ari Estuningtyas., Azalia Arif. 2008. *Obat Lokal*. In *Farmakologi dan Terapi*. Edisi V. Jakarta: Balai Penerbit Fakultas Kedokteran Universitas Indonesia Hal 517-41.

- Astuti, L.W. 2014. *Pengaruh Pursed Lips Breathing Terhadap Pola Pernapasan Pada Pasien Dengan Emfisema Di Rumah Sakit Paru Dr. Ario Wirawan Salatiga*.http://perpusnwu.Web.id/karya_ilmiah/documents/3837.pdf
- Brooker,C. (2005) *Ensiklopedia Keperawatan*. Jakarta: EGC
- Bulechek, Gloria M., Butcher, Howard K., Dochterman, J. McCloskey. 2012. *Nursing Interventions Classification (NIC). Fifth Edition*. Iowa : Mosby Elsevier.
- Brunner & Suddarth. 2002. *Buku Ajar Keperawatan Medikal Bedah*. Jilid I. Jakarta : EGC
- Cabral, L. F., D'Elia, T. C., Marins, D. S., Zin, W. A., & Guimaraes, F. S. (2015). Pursed lip breathing improves exercise tolerance in COPD: a randomized crossover study. *Eur J Phys Rehabil Med*, 51(1), 79-88.
- Cuenco D. (2010). Additional evidence for the affective dimension of dyspnea in patients with COPD. *Research in nursing & health*, 33(1), 4-19.
- Darmojo, R.B. *Buku Ajar Geriatri (Ilmu Kesehatan Usia Lanjut)* Edisi ke -4. Jakarta:FKUI; 2011.
- Davis, A. H., Carrieri-Kohlman, V., Janson, S. L., Gold, W. M., & Stulbarg, M. S. (2006). Effects of treatment on two types of self-efficacy in people with chronic obstructive pulmonary disease. *Journal of pain and symptom management*, 32(1), 60-70.
- Djojodibroto, D. (2007) *Respirologi. Respiratory medicine*. Jakarta:EGC
- Depkes RI. (2008). *Pedoman pengendalian Penyakit Paru Obstruktif Kronis (PPOK). Direktorat Jenderal pengendalian dan Pencegahan Lingkungan Direktorat Pengendalian Penyakit Tidak Menular*. Jakarta
- Dewi Natalia, Saryono Dina Indrati (2007) *Efektifitas pursed lips breathing dan tiup balon dalam peningkatan arus puncak ekspirasi (APE) Pasien asma bronchiale di rsud banyumas*

- Dewi S.K (2015) Pengaruh *Pursed Lips Breathing* (Plb) Terhadap Nilai *Forced Expiratory Volume In One Second* (Fev1) Pada Penderita Penyakit Paru Obstruksi Kronis Di Rs Paru Dr Ario Wirawan Salatiga.
- Dochterman, J. M., & Bulechek, G. M. (2008). *Nursing Intervention Classification (NIC)*. 5th Edition Mosby Elseiver: Missouri.
- Domini, D., Mannarathu, M., Anas, M., & Davis, R. (2015). Effectiveness of breathing exercises in patients with chronic obstructive pulmonary disease. *Indian Journal of Respiratory Care*, 4(1), 561-564. Retrieved from <http://search.proquest.com/docview/1661830206?accountid=38628>
- Devi, Y. P. (2016). Gambaran Penderita Penyakit Paru Obstruktif Kronik (PPOK) Eksaserbasi Akut yang Dirawat Inap di RSUP Dr. M. Djamil Padang Periode 1 Januari 2013-31 Desember 2014 (*Doctoral dissertation, Universitas Andalas*).
- Edward Ringel. 2012. "*buku saku hitam kedokteran paru*" Jakarta : Permata Puri Media
- Faager, G., Ståhle, A., & Larsen, F. F. (2008). Influence of spontaneous pursed lips breathing on walking endurance and oxygen saturation in patients with moderate to severe chronic obstructive pulmonary disease. *Clinical Rehabilitation*, 22(8), 675-83.
- Global initiative for chronic Obstruktif Lung Disease (GOLD), (2011), *Inc. Pocket Guide to COPD Diagnosis, Management, and Prevention*.<http://www.goldcopd.com>.
- Global Initiative for Chronic Obstructive Lung Disease (GOLD). (2013).*Global strategy for the diagnosis, management, and Prevention of chronic obstructive pulmonary disease (updated 2013)*. June 20, 2013. Global Initiative for Chronic Obstructive Lung Disease, Inc. www.goldcopd.org.
- Grace A. Pierce, Borley R. Nier. (2011). *Ata Glace Ilmu Bedah Edisi 3*. Pt Gelora Aksara Pratama Jackson, D. (2014). *Keperawatan Medikal Bedah edisi 1*. Yogyakarta, Rapha Pubising
- Gunawan, gan sulistia. *Farmakologi dan terapi edisi 5*. Departemen Farmakologi dan Terapeutik FKUI.2007.

Guyton, A. C., & Hall, J. E. 2007. *Buku Ajar Fisiologi Kedokteran*. Edisi 11. Jakarta : EGC\

Hartono (2015) Peningkatan Kapasitas Vital Paru Pada Pasien PPOK Menggunakan Metode Pernapasan *Pursed Lips Breathing*. *Jurnal Terpadu Ilmu Kesehatan*, 4(1).

Ikawati, Z., 2006, *Farmakoterapi Sistem Pernafasan*, Cetakan 1, Laboratorium Farmakologi dan Farmasi Klinik Bagian Farmakologi dan Farmasi Klinik, Hal. 43-40, Fakultas Farmasi Universitas Muhammadiyah Surakarta, Surakarta.

Iswita Ariestianti, J Alex Pangkahila, Susy Purnawati (2013) *Pemberian Diaphragmatic Breathing Sama Baik Dengan Pursed Lip Breathing Dalam Meningkatkan Arus Puncak Ekspirasi Pada Perokok Aktif Anggota Club Motor Yamaha Vixion Bali Di Denpasar*

Jackson H., Hubbard R. 2003. *Detecting chronic obstructive pulmonary disease using peak flow rate: cross sectional survey*. *BMJ*. 327: 653-4.

Jhonson, Marion. 2012. *Iowa Outcomes Project Nursing Classification (NOC)*. St. Louis ,Missouri ; Mosby.

Kara M, (2004) *Effect of education on self efficacy of Turkish patients with chronic obstructive pulmonary disease*. <http://www.sciencedirect.com/science/article/pii/S0738399103002593> diunggah pada 13 Mei 2016 16.00

Kara, M., & Alberto, J. (2006). Family support, perceived self-efficacy and self-care behaviour of Turkish patients with chronic obstructive pulmonary disease. *Journal of clinical nursing*. <http://web.ebscohost.com/ehost/pdfviewer/pdfvie>.

Karina (2016) *Data rekam medis RSU Asy Syaafi Kabupaten Pamekasan*. Profil penyakit paru obstruksi kronis tahun 2016

Khasanah, s., & Maryoto, m. (2014). *Efektifitas posisi condong ke depan (ckd) dan pursed lips breathing (plb) terhadap peningkatan saturasi oksigen pasien penyakit paru obstruktif kronik (PPOK)*. in prosiding seminar nasional & internasional.

- Kim et al. 2012. Effects of breathing maneuver and sitting posture on muscle activity in inspiratory accessory muscles in patients with chronic obstructive pulmonary disease. *Multidisciplinary Respiratory Medicine*. 7:9. <http://www.mrmjournal.com/content/7/1/9>
- Kozier, Erb, Berman & Snyder, (2004). *Fundamental of Nursing*. United States of America: Pearson Education Inc.
- Kumar, R. 2013. *Dasar-Dasar Patofisiologi Penyakit*. Alih Bahasa : Andry Hartono. Tangerang : Binarupa Aksara.
- Laga, H. 2014. *Faktor yang Berhubungan dengan Kapasitas Paru Tenaga Kerja Di Kawasan Industri Mebel Antang Makassar*. Repository Unhas. <http://repository.unhas.ac.id/handle/123456789/6712> diakses pada tanggal 22 Januari 2017.
- Lunenburg, F.C. 2011 Self-Efficacy in the Workplace: Implications for Motivation and Performance. *International Journal Of Management Business and Administration* . Vol 14 No 1
- Lemmens, K. M., Nieboer, A. P., Rutten-Van Mülken, M. P., van Schayck, C. P., Asin, J. D., Dirven, J. A., & Huijsman, R. (2010). Application of a theoretical model to evaluate COPD disease management. *BMC health services research*, 10(1), 81.
- Mansjoer, Arif. 2008. *Kapita Selekta Kedokteran*. Jakarta : EGC Buku Kedokteran.
- Meita, Audia Candra. 2012. Hubungan Paparan Debu dengan Kapasitas Vital Paru pada Pekerja Penyapu Pasar Johar Kota Semarang. *Jurnal Kesehatan Masyarakat* 2012; 1: 654-662
- Natalia, D., & Indrati, S. D. (2007). Efektifitas pursed lips breathing dan tiup balon dalam peningkatan arus puncak ekspirasi (ape) pasien asma bronchiale di RSUD Banyumas. *Jurnal Ilmiah Kesehatan Keperawatan*, 3(1).
- NANDA International. 2012. *Nursing Diagnoses: Definitions & Classifications 2012-2014*. Jakarta : EGC
- Nield, M. A., Hoo, G. W. S., Roper, J. M., & Santiago, S. (2007). Efficacy of pursed-lips breathing: a breathing pattern retraining strategy for

dyspnea reduction. *Journal of cardiopulmonary rehabilitation and prevention*, 27(4), 237-244.

Notoatmodjo, S. (2010). *Teori Perilaku Kesehatan*. Jakarta: Rineka Cipta, hal: 13-16, 26-28

Novarin, C. 2013. *Pengaruh Progressive Muscle Relaxation terhadap arus puncak ekspirasi pada pasien asma bronkial di Poli B Rumah sakit Paru Jember*.

Nursalam, (2013). *Konsep dan Penerapan Metodologi Penelitian Ilmu Keperawatan Pedoman Skripsi, Tesis, dan Instrumen Penelitian Keperawatan*. Jakarta: Salemba Medika.

Perhimpunan dokter paru Indonesia (PDPI) (2015). *Diagnosis dan penatalaksanaan Asma*, Penerbit Universitas Indonesia

Perhimpunan dokter paru Indonesia (PDPI) (2016). *Diagnosis dan penatalaksanaan PPOK*. Edisi 2006, Penerbit Universitas Indonesia

Price, S.A dan Wilson. 2005. *Patofisiologi Konsep Klinis Proses-Proses Penyakit*. Jakarta : EGC

Price SA, Wilson LM. 2012. *Patofisiologi konsep klinis proses-proses penyakit*, edisike-6. Jakarta: EGC.

Potter, P.A., & Perry, A.G. (2010). *Buku Ajar Fundamental Keperawatan Konsep, Proses dan Praktik*. Jakarta: EGC.

Rondon, et al. (2003). *Respiratory diseases in European farmers-II*. Part of the European farmers'project.57(9):510-7. www.Ncbi.nlm.nih.gov/pubmed/

Scherer, Y. K., Schmieder, L. E., & Shimmel, S. (1998). The Effects of Education Alone and in Combination with Pulmonary Rehabilitation on Self-Efficacy in Patients with COPD. *Rehabilitation Nursing*, 23(2), 71-77.

Sharma, et al. (2010). Pulmonary rehabilitation. *Health Sciences Centre. University of Manitoba, Canada*.. [http:// emedicine. medscape. com/ article/ 319885-overview](http://emedicine.medscape.com/article/319885-overview).

- Spahija, J., de Marchie, M., & Grassino, A. (2005). Effects of imposed pursed-lips breathing on respiratory mechanics and dyspnea at rest and during exercise in COPD*. *Chest*, 128(2), 640-50.
- Smeltzer, S. C. and Bare, B. G. 2008. *Buku Ajar Keperawatan Medikal Bedah Brunner & Suddarth. Edisi 8 Volume 2. Alih Bahasa H. Y. Kuncara, Monica Ester, Yasmin Asih*, Jakarta : EGC.
- Somantri, I. 2007. *Keperawatan Medikal Bedah : Asuhan Keperawatan Pada Pasien dengan Gangguan Sistem Pernafasan*. Jakarta : Salemba Medika
- Stanley, M. & Beare, P.G. 2007. *Buku Ajar Keperawatan Gerontik Jakarta : EGC*.
- Suma'ur (2009). *Higene Perusahaan dan Keselamatan Kerja*. Jakarta: CV. Agung Seto.
- Tjay, Tan Hoan dan Kirana Rahardja, 2007, *Obat-Obat Penting Khasiat, Penggunaan dan Efek-Efek Sampingnya*, Edisi Keenam, 262, 269-271, PT. Elex Media Komputindo, Jakarta
- Poerbakwatja dan Harahap. (2008). *Kamus Besar Bahasa Indonesia, Makna Pendidikan Sebagai Proses Belajar*. Jakarta: Balai pustaka, hal: 125
- Price, S. A., & Wilson, L. M. 2005. *Patofisiologi Konsep Klinis Proses-Proses Penyakit*. Edisi 6, Vol. 2. Jakarta: EGC
- Pujiastuti W. Pusat Kesehatan Kerja, Depkes RI. 2002. *Debu sebagai bahan pencemar yang membahayakan kesehatan kerja*.
- Rini, I. S. (2011). *Hubungan antara efikasi diri dengan kualitas hidup pasien penyakit paru obstruksi kronis dalam konteks asuhan keperawatan Di RS Paru Batu dan RSU dr. Saiful Anwar Malang Jawa Timur*. Tesis. Universitas Indonesia.
- Stellefson, M., Tennant, B., & Chaney, J. D. (2012). A critical review of effects of COPD self-management education on self-efficacy. *ISRN Public Health*, Retrieved from [http://search .proquest. com/docview/1038934075? Accountid=38628](http://search.proquest.com/docview/1038934075?Accountid=38628) Diunggah pada 13mei 2016 jam 14.

- Sutiawati L (2014) “Pengaruh penkes latihan *pursed-lips breathing* terhadap tingkat kekambuhan pasien PPOK di poliklinik paru RSUD cengkareng” diunggah pada tanggal 23 April 2016
- Tarwoto,W. (2010) kebutuhan dasar manusia dan proses keperawatan edisi 4, salemba medika
- Tiep, Petty TL & Burns, M. 2005. Essentials of Pulmonary Rehabilitation. A Pulmonary Education and Research Foundation publication.
- Vestbo, J., Hurd, S. S., Agustí, A.,G., Jones, P. W., Vogelmeier, C., Anzueto, A., Rodriguez-Roisin, R. (2013). Global strategy for the diagnosis, management, and prevention of chronic obstructive pulmonary disease: GOLD executive summary. *American Journal of Respiratory and Critical Care Medicine*, 187(4), 347-65.
- Visser, F. J., Ramlal, S., Dekhuijzen, P. R., & Heijdra, Y. F. (2010). Pursed-lips breathing improves inspiratory capacity in chronic obstructive pulmonary disease. *Journal of Respiration*, 81(5), 372-378.
- Virdahana A. (2010). Perbandingan nilai faal paru pada penderita Penyakit paru obstruksi kronik (ppok) stabil Dengan orang sehat.
- Wagner, J. A., H. Tenner, & Osborn, C.Y. (2010). Lifetime depression and diabetes self management in women with type 2 diabetes: a case control study. *Diabetic Medicine*, 27, 713 717. doi: 10.1111/j.1464 5491.2010.02996.x
- Waluyo (2016). efektifitas nafas dalam untuk meningkatkan arus puncak ekspirasi (APE) pada pasien penyakit paru obstruktif kronik (ppok). *indonesian journal of nursing practices*, 3(1), 35-41.
- Widiyani C. (2015) Pengaruh *pursed lips breathing exercise* terhadap arus puncak ekspirasi (APE) pada pasien bronkitis kronis di Poli Spesialis Paru B Rumah Sakit Paru Kabupaten Jember.
- Wong, K. W., Wong, F. K., & Chan, M. F. (2005). Effects of nurse-initiated telephone follow-up on self-efficacy among patients with chronic obstructive pulmonary disease. *Journal of advanced nursing*, 49(2), 210-222.

Wu, et al. (2006). *Self efficacy, outcome expectation and self care behavior in people with type diabetes in Taiwan*. <http://web.ebscohost.com>.

Zahran, et al. (2005). Health related quality of life surveillance United State 1993-2002. Surveillance Summaries. 54/SS-4. *Devison of Adult and Community health, National Center for Chronic Disease Prevention and Health Promotion*.
<http://web.ebscohost.com/ehost/pdfviewer/pdfviewer?>

Zahran, et al. Health related quality of life survailance United States 1993-2002. Survailance summarize. Devison of Adult and community health, national center for chronic disease prevention and promotion;Oct 2005. 54(SS-4)

Zakaria, F. R., Azni, I. N., Syamsir, E., Amalia, K. M., & Yamani, C. (2014). Pengaruh Konsumsi Minuman Beroksigen Terhadap Inflamasi Dan Kapasitas Antioksidan Penderita Penyakit-Paru-Obstruktif-Kronik (PPOK). *Jurnal Teknologi dan Industri Pangan*, 25(1), 31.