

FISIOLOGIS KECEMASAAN PASIEN DENGAN PENYAKIT PARU OBSTRUKTIF KRONIK (PPOK)

Tunik¹, Elsy Maria Rosa², Azizah Khoiriyati³

Abstrak

Perubahan fisiologis dan psikologis secara statistik merupakan gejala yang sering dialami penderita PPOK yang dapat menurunkan kualitas hidup pasien. *Breathing relaxation* dengan teknik *ballon blowing* merupakan salah satu bentuk latihan pernapasan yang dapat memperbaiki fungsi paru dan kecemasan pasien. Tujuan penelitian ini adalah untuk mengetahui pengaruh *breathing relaxation* dengan teknik *balloon blowing* terhadap saturasi oksigen dan perubahan fisiologis kecemasan pasien PPOK yang diukur dari tekanan darah, frekwensi nadi dan respirasi rate.

Desain penelitian ini adalah *quasy experiment* dengan *pre post design*. Sampel dalam penelitian ini adalah 36 responden pasien PPOK yang dirawat di ruang Flamboyan RSUD dr. Soedomo Trenggalek yang diambil dengan pendekatan *consecutive sampling*. Sample terdiri dari 1 kelompok intervensi. Data diambil dengan pre dan post intervensi pada hari ketiga dan ketujuh. Hasil data diukur dengan menggunakan uji Repeated ANOVA.

Hasil penelitian menunjukkan bahwa terjadi perubahan secara signifikan terhadap saturasi oksigen, tekanan darah, frekwensi nadi dan respirasi rate sebelum dan sesudah diberikan intervensi selama 3 hari dan 7 hari. Hasil analisis statistik menunjukkan p value $< 0,05$ pada variabel saturasi oksigen, frekwensi nadi dan frekwensi nafas pada hari ketiga, dan p value $< 0,05$ pada semua variabel yang diukur pada hari ketujuh.

Breathing relaxation dengan menggunakan teknik *balloon blowing* dapat meningkatkan saturasi oksigen dan menurunkan perubahan fisiologis kecemasan pasien PPOK yang dilihat dari perubahan tekanan darah, frekwensi nadi dan frekwensi nafas.

Kata Kunci : *Balloon blowing*, saturasi oksigen, perubahan fisiologis kecemasan, PPOK.

¹Mahasiswa Magister Keperawatan Universitas Muhammadiyah Yogyakarta.

²Staf Pengajar Magister Manajemen Rumah Sakit dan Magister keperawatan Universitas Muhammadiyah Yogyakarta.

³Staf Pengajar Magister Keperawatan Universitas Muhammadiyah Yogyakarta.

THE EFFECTIVENESS OF BREATHING RELAXATION WITH BALLOON-BLOWING TECHNIQUE TOWARDS OXYGEN SATURATION AND PHYSIOLOGICAL CHANGES ANXIETY PATIENT WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

Tunik¹, Elsy Maria Rosa², Azizah Khoiriyati³

Abstract

Physiology and psychology are problems which statistically experienced by the patients of COPD and decrease their quality of life. Breathing Relaxation with Balloon-Blowing

Technique is one the best breathing exercises to regain the function of lungs and the patients' anxiety. The objective of this thesis was to measure the effectiveness of breathing relaxation with balloon-blowing technique towards oxygen saturation and physiological changes anxiety of COPD patients by measuring blood pressure, heart rate, and respiration rate.

The research design used in this thesis was quasi-experiental with pre post design. The sample of the thesis was thirty-six (36) respondents of COPD patients of Flamboyan room in dr. Soedomo hospital. The sampling technique used in this research was consecutive-sampling technique. It was consisted of a group of intervention. Pre-test and post-test were used to collect the data of the research on the third and seventh day. The result were tested using Repeated ANOVA test.

The research showed that there was a significant result to oxygen saturation, blood pressure, pulse frequency, and respiration rate before and after doing intervention on the third and seventh day. The result of statistical analysis showed the p value was smaller than 0.05 at the oxygen saturation, heart rate and respiration rate on the third day, and p value which was smaller than 0.05 at all variables (oxygen saturation and anxiety) on the seventh day.

Breathing relaxation with balloon-blowing technique can increase the oxygen saturation and decrease the physiological changes anxiety of COPD patients based on the significant result of blood pressure, heart rate, and respiration rate.

Key Words : Balloon-blowing technique, oxygen saturation, physiological changes anxiety, COPD.

¹Student of Nursing Master of Muhammadiyah Yogyakarta University.

²Lecturer of Hospital Management Master and Nursing Master of Muhammadiyah Yogyakarta University.

³Lecturer of Nursing Master of Muhammadiyah Yogyakarta University.