

LITERATUR REVIEW TAI CHI DAN LATIHAN NAFAS PADA ASMA

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ABSTRAK

Pendahuluan : Asma merupakan kondisi dimana seseorang mengalami gejala sesak nafas, mengi, dada terasa sempit. Kondisi ini sangat mengganggu apabila tidak segera ditangani. Penanganannya ada yang pakai obat medis ada juga yang pakai pengobatan komplementer. Oleh karena itulah disini peneliti melakukan analisis jurnal penggunaan terapi komplementer tersebut.

Tujuan : untuk menganalisis efek Tai Chi dan Latihan pernafasan untuk asma

Metode : Metode penelitian yang digunakan adalah literature review, dengan mencari jurnal yang berkaitan dengan tema yang diambil dari beberapa *search engine* yaitu *ebSCO*, *proquest*, *google cendekia*, dan *sciencedirect*. Pencarian dilakukan dengan menggunakan kata “*Thai Chi exercise*” OR “*exercise*” OR “*breathing exercises*” AND “*asthma management*” dan ditemukan 25 artikel yang memenuhi kriteria inklusi yang ditetapkan.

Hasil : Hasil penelitian ini menunjukkan bahwa efek Tai Chi dan Latihan pernafasan pada asma ada 4 yaitu Meningkatkan kualitas hidup penderita, mengurangi kekambuhan asma, meningkatkan aktivitas fisik dan menurunkan gejala asma

Kesimpulan : Tai Chi dan latihan nafas dapat dijadikan alternatif terapi komplementer karena efek positif yang dihasilkan

Kata kunci : Tai Chi, latihan pernafasan, asma

LITERATURE REVIEW OF TAI CHI AND BREATHING EXERCISE IN ASMA

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ABSTRACT

Introduction : Asthma is a condition where a person experiences symptoms of shortness of breath, wheezing, narrow chest. This condition is very disturbing if not immediately addressed. There are those who use medical drugs to handle it, and there are also those who use complementary medicine. That's why here researchers are researching the complementary method journal.

Objective : This research aims to analyze the effects of Tai Chi and Respiratory Exercise for asthma

Method : Using a literature review, this research found 25 research articles which were met the inclusion criterias based on the theme. The articles take from search engines such as: ebsco, proquest, google scholar, and sciencedirect using some keywords such as “Thai Chi exercise”OR “exercise”OR “ breathing exercises”AND “asthma management”.

Results : This research found that the effects of Tai Chi and Respiratory Exercise in asthma were 4, namely improving the quality of life of patients, reducing recurrence of asthma, improving physical activity and decreasing asma's symptom

Conclusion : Tai Chi and breathing exercises are highly recommended to be used as complementary therapy, duet to the possitive impact resulted.

Keywords: Tai Chi, breathing exercises, asthma