

**PROGRAM STUDI ILMU KEPERAWATAN (S-1)
FAKULTAS ILMU KESEHATAN UNIVERSITAS GALUH CIAMIS**

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**PENGARUH *DIAPHRAGMA BREATHING EXERCISE*
TERHADAP SATURASI OKSIGEN PADA LANSIA DENGAN
PENYAKIT PARU OBSTRUKSI KRONIK (PPOK) DI
RUANG EDELWEIS RSUD MAJENANG
KABUPATEN CILACAP
TAHUN 2023**

ABSTRAK

Latar belakang: PPOK menyebabkan mortalitas dan morbiditas kronis di dunia. Lansia PPOK menyebabkan perubahan fisiologis pernafasan sehingga saturasi oksigen menurun. Tujuan penelitian untuk mengetahui Pengaruh *Diaphragma Breathing Exercise* terhadap Saturasi Oksigen pada klien Lansia dengan PPOK di ruang Edelweis RSUD Majenang.

Metode: Desain penelitian *quasi experimental* dengan rancangan *one group pre-test and post-test design*. Jumlah sampel 30 responden dipilih melalui *purposive random sampling*. Variabel *Indipenden* penelitian *Diaphragma Breathing Exercise*. Variabel *Dependen* penelitian *Saturasi Oksigen*. Data dikumpulkan dari hasil pengukuran saturasi oksigen sebelum dan setelah perlakuan dengan menggunakan alat *pulse oxymetri*, dianalisa menggunakan uji statistik *Paired t Test*.

Hasil: Rerata nilai Saturasi oksigen sesudah *Diaphragma Breathing Exercise* 96,40 lebih besar dibandingkan sebelum tindakan sebesar 90.73. Hasil uji statistik *Paired t-Test* didapatkan nilai *p value* sebesar $0,001 < 0,05$.

Analisis: Ada pengaruh signifikan *Diaphragma Breathing Exercise* terhadap *Saturasi Oksigen* pada klien Lansia dengan PPOK di Ruang Edelweis RSUD Majenang Kabupaten Cilacap tahun 2023.

Diskusi: *Diaphragma Breathing Exercise* dapat dijadikan SOP mandiri keperawatan sebagai tindakan non farmakologi yang mudah, murah, tidak memerlukan banyak energi, dapat dilakukan dimana saja oleh klien Lansia PPOK di RSUD Majenang.

Kata Kunci : Saturasi oksigen, *Diaphragma Breathing Exercise*, PPOK
Referensi : 33 (2012-2022)

**NURSING STUDY PROGRAM (S-1)
FACULTY OF HEALTH SCIENCES, GALUH CIAMIS UNIVERSITY**

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**THE EFFECT OF DIAPHRAGM BREATHING EXERCISE ON OXYGEN
SATURATION IN ELDERLY WITH CHRONIC OBSTRUCTIVE
PULMONARY DISEASE (COPD) IN
EDELWEIS ROOM OF MAJENANG HOSPITAL
CILACAP REGENCY YEAR 2023**

ABSTRACT

Background: COPD causes chronic mortality and morbidity in the world. Elderly COPD causes physiological changes in breathing so that oxygen saturation decreases. The purpose of the study was to determine the Effect of Diaphragm Breathing Exercise on Oxygen Saturation in elderly clients with COPD in the Edelweis room of Majenang Hospital.

Method: Quasi-experimental research design with one group pre-test and post-test design. A sample of 30 respondents was selected through purposive random sampling. Independent Variables of Diaphragm Breathing Exercise Research. Dependent Variables of Oxygen Saturation research. Data were collected from the results of oxygen saturation measurements before and after treatment using pulse oxymetry devices, analyzed using the Paired t Test statistical test.

Results: The average oxygen saturation value after Diaphragm Breathing Exercise of 96.40 was greater than before the action of 90.73. The results of the Paired t-Test statistical test obtained a p value of $0.001 < 0.05$.

Analysis: There is a significant effect of Diaphragm Breathing Exercise on Oxygen Saturation in elderly clients with COPD in the Edelweis Room of Majenang Hospital, Cilacap Regency in 2023.

Discussssion: Diaphragm Breathing Exercise can be used as an independent SOP for nursing as a non-pharmacological action that is easy, cheap, does not require a lot of energy, can be done anywhere by elderly clients of COPD at Majenang Hospital.

Keywords : Oxygen saturation, Diaphragm Breathing Exercise, COPD

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