

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN
UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG
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ABSTRAK

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**PERBEDAAN EFEKTIVITAS TEKNIK PERNAFASAN *PAPWORTH* DAN
TEKNIK PERNAFASAN *BUTEYKO* TERHADAP PENGONTROLAN
ASMA DI BALAI KESEHATAN PARU MASYARAKAT SEMARANG**

51 hal + 17 tabel + xviii

Latar belakang : Asma merupakan inflamasi kronik pada jalan nafas. Teknik pernafasan yang dikembangkan untuk mengontrol asma adalah teknik pernafasan Papworth dan teknik pernafasan Buteyko. Tujuannya yakni mengontrol asma yang ditunjukkan oleh fungsi pulmonar yang stabil, mempertahankan level aktivitas normal dan meminimalkan kebutuhan beta2 agonist inhalers.

Metode : Penelitian ini merupakan penelitian kuantitatif dengan desain penelitian *pre experimen static group comparison*. Jumlah responden sebanyak 34 orang dipilih dengan menggunakan teknik purposive sampling. Analisis penelitian ini dengan uji *independent sample T-Test*.

Hasil : Sebanyak 34 responden telah menyelesaikan penelitian. Hasil analisa menggunakan uji non parametrik *Mann whitney* menghasilkan *p value* pada hasil pengukuran dengan menggunakan *asthma control test* adalah 0,375.

Simpulan : Tidak ada perbedaan efektivitas antara teknik pernafasan papworth dan teknik pernafasan Buteyko.

Kata kunci : Papworth breathing technique, Buteyko breathing technique.

Daftar pustaka : 29 (1984-2014)

**NURSING STUDY PROGRAM
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ABSTRACT

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**DIFFERENCES OF EFFECTIVENESS BETWEEN PAPWORTH
BREATHING TECHNIQUE AND BUTEYKO BREATHING TECHNIQUE
TOWARDS ASTHMA CONTROL AT BALAI KESEHATAN PARU
MASYARAKAT SEMARANG**

51 hal + 17 tabel + xvii

Background: Asthma is chronic inflammation occurs in lung airway. Papworth Breathing technique and Buteyko breathing technique were developed as a method to control asthma. The purpose is to control asthma which is shown with pulmonary function keep on stable, normal activity level and minimize beta 2 antagonist inhaler needed.

Method : This is quantitative research with pre experiment static group comparison. The data was collected with asthma control test and peakflowmeter. Analyzed with Independent sample T-test. Thirty four respondent was obtained with purposive sampling technique.

Result : thirty four respondent completed the research. There was no significant effectivity differences between Papworth breathing technique and Buteyko breathing technique ($p= 0,375$ for difference between groups).

Conclusion : there was no significant difference between Papworth breathing technique and Buteyko breathing technique to control asthma.

Keyword : Papworth breathing technique, Buteyko breathing technique.

Bibliography : 29 (1984-2014)