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- Perbandingan Latihan Napas Buteyko dan *Upper Body Exercise* Terhadap Arus Puncak Ekspirasi pada Pasien dengan Asma Bronkial
- Kebiasaan Makan Sayur Blendrang Berhubungan dengan Tekanan Darah Pasien Hipertensi
- Ventilasi Paru Pasien dengan Penyakit Paru Obstruksi Kronis (PPOK) Paska Penerapan *Pursed Lips Breathing* dengan Pendekatan *Cognitive Behaviour Therapy*
- Tindakan Mobilisasi Pasien Post Operasi Laparatomi Paska Sosialisasi Alarm Ponsel
- Peran Perawat dalam Pencegahan Kekambuhan Asma
- Faktor yang Berhubungan dengan Kejadian Gastritis pada Santriwati Usia 12-15 tahun
- Aroma Kopi Menurunkan Tingkat Kecemasan Pasien dengan Ulkus Diabetikum
- Senam Ergonomik Menurunkan Tekanan Darah Penderita Hipertensi
- Teknik Gerak Ling Tien Kung Menurunkan Kolesterol pada Penderita Hiperkolesterol
- Faktor yang Mempengaruhi ODHA dalam Pelaksanaan Program CST Berdasarkan *Planned Behavior Theory*
- Dukungan Sosial Keluarga pada ODHA di UPIPI RSUD Dr Soetomo Surabaya

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## ***Efektifitas Latihan Napas Buteyko Dibanding Upper Body Exercise terhadap Arus Puncak Ekspirasi pada Pasien dengan Asma Bronkial***

## ***Efektifitas Latihan Napas Buteyko Dibanding Upper Body Exercise terhadap Arus Puncak Ekspirasi pada Pasien dengan Asma Bronkial***

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### **Abstract**

Asthma is a disease that often found in the community, according to the data from the World Health Organization in 2006, as many as 300 million people suffered from asthma and 225 thousand people died from asthma worldwide. Patients with asthma often use asthma exercise, pranayama yoga, deep breathing, buteyko and upper body exercise as a way to help reduce asthma. Effectiveness of each of these exercises to improve expiratory lung capacity has not been identified.

This study used quasi-experimental pre-post test design. The population consisted of 21 peoples divided into 9 individuals each in buteyko breathing exercises and upper body exercise. Samples were collected with purposive sampling. The independent variables were buteyko exercises and upper body exercise, and the dependent variable was the peak expiratory flow. Data were collected through the observation of peak expiratory flow using a peak flow meter.

Data processing used T test with significance  $< 0,05$  and comparison of two techniques used independent T test with significance  $< 0,05$ . T test analysis results obtained  $p = 0,000 (< 0,05)$  indicating there was correlation between the two techniques in improving peak expiratory flow in bronchial asthma, and independent T test obtained  $p = 0,078 (> 0,05)$ , indicating there was no difference between the two techniques in improving peak expiratory flow in bronchial asthma.

It can be concluded that buteyko breathing exercises and upper body exercise has no different function in increasing the value of peak expiratory flow. In patients with bronchial asthma, can use one or both of the breathing techniques, because it has the same effectiveness to increase peak expiratory flow in assisting the prevention of bronchial asthma.

Keyword : Buteyko, upper, body, exercise, peak, expiratory, flow, bronchial, asthma,

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