

LEMBAR PERSETUJUAN

Skripsi Yang Berjudul

**EFEKTIFITAS TEKNIK *PURSED LIP BREATHING* TERHADAP
JALAN NAFAS PADA PASIEN PENYAKIT PARU OBSTRUKSI
KRONIK (PPOK) DI RSUD TOTO KABILA
KABUPATEN BONE BOLANGO**

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SKRIPSI

Yang berjudul

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Oleh

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Telah dipertahankan didepan dewan penguji

Hari/Tanggal : Desember 2017

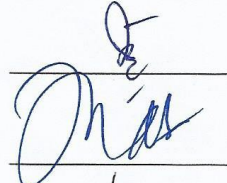
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Penguji



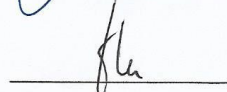
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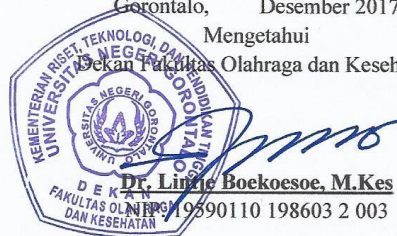
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ABSTRACT

Nur Ain Halid. 2017. *The Effectiveness of Pursed-Lip Breathing Techniques on Airway of Patients with Chronic Obstructive Pulmonary Disease (COPD) in RSUD Toto Kabila, Bone Bolango Regency.* Undergraduate Thesis, Study Program in Nursing Science, Faculty of Sports and Health, Universitas Negeri Gorontalo. Principal Supervisor: **Ns. Rini Fahriani Zees, M.Kep.** Co-supervisor: **dr. Sri A. Ibrahim, M.Kes.**

Chronic Obstructive Lung Disease (COPD) is a disease that includes the four leading to non-communicable diseases which have the highest mortality rates in the world. Nowadays, nursing actions have begun to be developed Pursed-Lip-Breathing Exercise which is believed to be able to efficiently and effectively resolve the airway problems. This research aims to determine the effectiveness of Pursed-Lip-Breathing Technique on Airway of patients with COPD.

This research used pre and post-test design with control group design. Population and samples in this study were patients diagnosed with COPD by accidental sampling technique by a total sample of 30 patients. Furthermore, the data analysis used Paired T-Test.

The results show that their breath frequency decreases after given Pursed-Lip-Breathing technique with p-value 0.000 ($<\alpha$ 0,05) thus it is concluded that Pursed Lip Breathing technique is effective in the airway of patients with COPD.

Therefore, it is suggested to the nurse to consider Pursed-Lip-Breathing as one of effective nursing interventions to improve the airway of patients with pulmonary hyperventilation problem.

Keywords: Pursed Lip Breathing, Airway.

References : 20 references (2005-2014)

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