

Pengaruh efikasi diri pursed lip breathing terhadap penurunan sesak dan peningkatan saturasi oksigen pada pasien penyakit paru obstruktif kronik (PPOK) = The influence of self efficacy of pursed lip breathing on dyspnea reduction and oxygen saturation increase in patients with chronic obstructive pulmonary disease (COPD) / Nurul Kartika Sari

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Abstrak

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Keluhan utama yang paling sering dirasakan pasien PPOK adalah sesak. Salah satu intervensi keperawatan untuk meningkatkan kepercayaan diri dalam upaya mengatasi sesak pasien PPOK adalah efikasi diri pursed lip breathing. Penelitian ini bertujuan mengetahui pengaruh efikasi diri pursed lip breathing terhadap penurunan sesak dan peningkatan saturasi oksigen pasien PPOK. Desain penelitian adalah randomized controlled trial dengan rancangan penelitian pretest-posttest design. Penelitian ini melibatkan 36 responden dengan menggunakan teknik randomisasi blok terbagi menjadi 18 responden kelompok intervensi dan 18 responden kelompok kontrol. Hasil analisis statistik didapatkan bahwa terdapat perbedaan yang bermakna penurunan sesak dan peningkatan saturasi oksigen antara kelompok intervensi dan kelompok kontrol setelah intervensi dengan nilai  $p < 0.001$ . Efikasi diri pursed lip breathing dapat dijadikan salah satu alternatif intervensi keperawatan manajemen jalan napas pada pasien PPOK.

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<b>ABSTRACT</b><br>

The main complaints are most often perceived COPD patient is dyspnea. One of nursing interventions to increase self confidence in the effort to overcome the dyspnea of COPD patients are self-efficacy of pursed-lips breathing. This study objective was to see the influence of self-efficacy of pursed-lips breathing on dyspnea reduction and oxygen saturation increase in COPD patients. A randomized controlled trial with pretest-posttest method were used as the study design. This study involved 36 respondents divided into intervention and control group by block randomization. The statistic analysis result shows a difference between the two groups after the interventions were made which means there were dyspnea reduction and oxygen saturation increase at value  $p < 0.001$ . selfefficacy of pursed-lips breathing can be applied as one of alternative nursing intervention for COPD airway management, The main complaints are most often perceived COPD patient is dyspnea. One of nursing interventions to increase self confidence in the effort to overcome the dyspnea of COPD patients are self-efficacy of pursed-lips breathing. This study

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