

## ABSTRAK

Sesak nafas adalah suatu istilah yang menggambarkan suatu persepsi subjektif mengenai ketidaknyamanan bernapas yang terdiri dari berbagai sensasi yang berbeda intensitinya. Kurang terpenuhinya asupan oksigen ke paru-paru saat menggunakan masker dapat menyebabkan pernapasan menjadi cepat, pendek, dan dangkal sehingga berpengaruh terhadap kualitas hidup manusia. Penelitian ini bertujuan untuk mengetahui Gambaran Tingkat Sesak Nafas Pada Lansia Disaat Menggunakan Masker Dimasa Pandemi Covid-19 Di Puskesmas Solokan Jeruk.

Penelitian ini menggunakan metode penelitian deskriptif kuantitatif. Adapun populasi dalam penelitian ini yaitu Lansia berusia 45-90th yang berjumlah 78 orang. Sampel dalam penelitian ini berjumlah 58 orang. Instrumen yang digunakan dalam penelitian ini yaitu *borg scale*. Teknik pengambilan sampel yang digunakan dalam penelitian ini menggunakan teknik *purposive sampling*.

Berdasarkan Hasil Penelitian dari Gambaran Tingkat Sesak Nafas Pada Lansia Disaat Menggunakan Masker Dimasa Pandemi Covid-19 Di Puskesmas Solokan Jeruk didapatkan hasil penelitian hampir setengah lansia mengalami sesak nafas sangat ringan 24 orang (41.4%). Kurangnya asupan oksigen disaat menggunakan masker selama beraktivitas dapat menyebabkan sesak nafas. Berdasarkan hasil temuan saat penelitian ditemukan bahwa rata-rata lansia mengalami sesak nafas maka semakin bertambah usia semakin menurunnya fungsi sistem pernafasan sehingga dapat menyebabkan sesak nafas ketika kekurangan oksigen disaat menggunakan masker ketika beraktivitas. Penelitian yang dilakukan bisa digunakan sebagai acuan dasar untuk intervensi yang dapat dilakukan untuk mengurangi Tingkat Sesak Nafas Pada Lansia Disaat Menggunakan Masker Dimasa Pandemi Covid-19.

Kata Kunci : Lansia , Masker, Pandemi Covid-19, Sesak Nafas

Daftar Pustaka : 23 Jurnal (2009-2021)

5 Buku (2009-2020)

2 *E-Book* (2020)

## ABSTRACT

*Shortness of breath is a term that describes a subjective perception of the discomfort of breathing which consists of various sensations of different intensity. Lack of adequate oxygen intake to the lungs when using a mask can cause breathing to become fast, short, and shallow so that it affects the quality of human life. This study aims to determine the level of shortness of breath in the elderly when using masks during the Covid-19 pandemic at the Solokan Jeruk Public Health Center.*

*This study uses a quantitative descriptive research method. The population in this study is the elderly aged 45-90 years, totaling 78 people. The sample in this study amounted to 58 people. The instrument used in this study is the borg scale. The sampling technique used in this study used a purposive sampling technique.*

*Based on research results from an overview of the level of shortness of breath in the elderly when using masks during the Covid-19 pandemic at the Solokan Jeruk Public Health Center, it was found that almost half of the elderly experienced very mild shortness of breath, 24 people (41.4%). Lack of oxygen intake when wearing a mask during activities can cause shortness of breath. Based on the findings during the study, it was found that on average the elderly experience shortness of breath, the older they get, the lower the function of the respiratory system so that it can cause shortness of breath when lack of oxygen when wearing a mask when on the move. The research conducted can be used as a basic reference for interventions that can be carried out to reduce the level of shortness of breath in the elderly when using masks during the Covid-19 pandemic.*

**Keywords:** *Elderly, Mask, Covid-19 Pandemic, Shortness of Breath*

**Bibliography :** *23 Journals (2009-2021)*

*5 Books (2009-2020)*

*2 e-book (2020)*