

ABSTRAK

Kejadian TB Paru di RSUD Majalaya semakin meningkat setiap tahunnya. Masalah keperawatan pasien TB paru yang sering dikeluhkan selain batuk yaitu sesak nafas. Tujuan penelitian ini yaitu perbandingan pemberian posisi *semi fowler* 45 derajat dengan *Pursed Lip Breathing Exercise* terhadap tingkat sesak nafas pada pasien TB Paru di Ruang Anyelir 2 RSUD Majalaya Kabupaten Bandung.

Metode penelitian yang digunakan berupa *quasi eksperimen* dengan rancangan *two group pre-post test design*. Sampel sebanyak 36 responden, dibagi dua kelompok yaitu 18 orang intervensi semi fowler dan 18 orang intervensi *Pursed Lip Breathing Exercise*, pengambilan sampling berupa *purposive sampling*. Analisa data berupa univariat menggunakan distribusi frekuensi dan analisa bivariat menggunakan uji wilcoxon dan mann whitney.

Hasil penelitian sebelum posisi semi fowler kurang dari setengahnya dengan tingkat sesak nafas sedikit berat dan berat (33,3%) dan setelah posisi semi fowler kurang dari setengahnya dengan tingkat sesak nafas sedang dan sedikit berat (27,8%). Sebelum *Pursed Lip Breathing Exercise* kurang dari setengahnya tingkat sesak nafas berat (44,4%) dan setelah *Pursed Lip Breathing Exercise* kurang dari setengahnya tingkat sesak nafas sedang (44,4%). Ada pengaruh semi fowler terhadap tingkat sesak nafas (p-value = 0,000). Ada pengaruh *pursed lip breathing exercise* terhadap tingkat sesak nafas (p-value = 0,000) dan ada perbedaan yang signifikan antara posisi semi fowler dengan *pursed lip breathing exercise* (p-value = 0,004)

Adanya penurunan tingkat sesak yang lebih baik dengan cara *pursed lip breathing exercise* maka pihak rumah sakit bisa menjadikan intervensi *pursed lip breathing exercise* sebagai intervensi yang bisa dilakukan untuk mengurangi sesak nafas.

Kata Kunci : *Pursed Lip Breathing Exercise*, Semi Fowler, Sesak Nafas
Sumber : 31 buku (tahun 2012-2019)
12 Jurnal (tahun 2011-2019).

ABSTRACT

The incidence of pulmonary tuberculosis (TB) in RSUD Majalaya is increasing every year. Their nursing problem which has often complained besides cough is shortness of breath. The purpose of this study was to compare the provision of The 45 degree Semi-Fowler Position and The Pursed Lip Breathing Exercise, to the level of breathlessness in pulmonary TB patients at Anyelir Room 2 RSUD Majalaya Kabupaten Bandung.

The used research method was a quasi-experimental with a two group pre-post test design. A sample of 36 respondents, divided into two groups, a group of 18 people with Semi-Fowler intervention and another group of 18 people with Pursed Lip Breathing Exercise intervention. Sampling with purposive sampling technique. Data analysis was univariate using frequency distribution and bivariate analysis using Wilcoxon and Mann Whitney tests.

As the results, before the semi-fowler position, less than half with the level of breathlessness was slightly severe and severe (33.3%) and after the position less than half was just moderate and slightly severe (27.8%). Before The Pursed Lip Breathing Exercise less than half was severe (44.4%) and after the exercise less than half was just moderate (44.4%). There's an effects of The Semi-Fowler (p -value = 0,000) and The pursed lip breathing exercise (p -value = 0,000) to the rate of the breathlessness. There's a significant difference between the two intevention (p -value = 0.004).

This result shows that there's a better reduction in the level of breathlessness by using The Pursed Lip Breathing Exercise. It means the hospital can make this exercise as an intervention that can be used to reduce breathlessness.

Keywords : *Breathlessness, Pursed Lip Breathing Exercise, Semi Fowler,*
Source : *31 books (2012-2019)*
12 Journals (2011-2019).