

ABSTRAK

ISPA merupakan penyebab utama morbiditas dan mortalitas penyakit infeksi di dunia. Di Indonesia angka kejadian (per 1.000 balita) pada tahun 2018 adalah 20,06%. ISPA merupakan masalah yang dapat menyebabkan gangguan pernafasan. Fisioterapi dan minum air hangat adalah suatu tindakan suportif bagi masalah bersihan jalan napas. Penelitian ini bertujuan untuk mengetahui pengaruh dari fisioterapi dada disertai minum air hangat terhadap bersihan jalan napas pada balita ISPA di UPTD Puskesmas Citarik.

Jenis penelitian menggunakan *Pre Experimental Design* dengan jenis *Static Group Comparison* dengan populasi sebanyak 424 balita. Sampel berjumlah 54 balita berusia 3-5 tahun, dengan kelompok intervensi 27 responden dan kelompok kontrol 27 responden. Teknik pengumpulan data menggunakan lembar observasi bersihan jalan napas. Analisa yang digunakan yaitu univariat dan bivariat dengan uji *Mann-Whitney U Test*.

Hasil penelitian ini menunjukkan ada pengaruh fisioterapi dada disertai minum air hangat terhadap bersihan jalan napas pada balita ISPA di UPTD Puskesmas Citarik ($P\text{-value} = 0.00$), dengan hasil pada kelompok intervensi sebagian besar bersih sebanyak 16 responden (59.3%). Fisioterapi dada disertai air minum hangat bermanfaat membantu mengatasi permasalahan bersihan jalan napas pada balita yang mengalami ISPA. Berdasarkan hasil penelitian yang didapatkan, perlu dilakukan terapi fisioterapi dada disertai minum air hangat pada balita yang mengalami masalah bersihan napas.

Kata Kunci: air hangat, balita, bersihan jalan napas, fisioterapi dada, ISPA

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ABSTRACT

ARI (acute respiratory infection) was the main caused of morbidity and mortality of infectious diseases in the world. In indonesia the incidence rate (per 1,000 under five year) in 2018 was 20. 06%. ARI was a problem that could caused respiratory problems. Physiotherapy and drinking warm watered was a supportive action for airway clearance problems. This studied aims to determine the effect of physiotherapy accompanied by warm watered on airway clearance in under five year with ARI at UPTD Puskesmas Citarik.

This typed of researched used pre experimental design with the typed of static group comparison with a population of 424 under five year. The sample was 54 under five year aged 3-5 years, with 27 respondents in the intervention group and 27 respondents in the controlled group. The data collection technique used a clean airway observation sheet. The analysis used was univariate and bivariate with the mann-whitney u test.

The results of this studied indicate that there was an effect of chest physiotherapy accompanied by drinking warm watered on airway hygiene in under five year with ARI at UPTD Puskesmas Citarik (p-value = 0. 00), with results in the intervention group mostly 16 respondents (59. 3%) . Chest physiotherapy with warm drinking watered helps overcome the problem of clearing the airway in under five year with ARI. Based on the results of the studied obtained, it was necessary to carried out chest physiotherapy therapy accompanied by drinking warm watered for under five year who had problems with cleared breathing

Keywords : airway clearance, ARI (acute respiratory infection), chest physiotherapy, under five year, warm water

*Bibliography : 20 Books (2011-2021)
23 journals (2011-2020)*