

PROGRAM STUDI S1 KEPERAWATAN
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**PENGARUH LATIHAN PERNAPASAN SEBAGAI INTERVENSI UNTUK
MENURUNKAN EKSASERBASI PADA PASIEN ASMA**

xiii + 45 Halaman + 4 Tabel +1 Skema + 4 Lampiran

ABSTRAK

Asma merupakan penyakit inflamasi kronis pada saluran napas yang ditandai dengan sesak napas, mengi, batuk, dan rasa tertekan di dada yang dapat mengalami eksaserbasi atau kekambuhan. Latihan pernapasan merupakan salah satu intervensi nonfarmakologis yang berpotensi membantu mengendalikan gejala asma. Systematic Literature Review (SLR) ini bertujuan menganalisis pengaruh latihan pernapasan terhadap eksaserbasi pada pasien asma menggunakan pendekatan PRISMA. Penelusuran dilakukan melalui database PubMed, ScienceDirect, ProQuest, dan GARUDA. Dari 12.824 artikel yang teridentifikasi, diperoleh 132 artikel full text yang dinilai kelayakannya dan 10 artikel memenuhi kriteria untuk dianalisis. Hasil sintesis menunjukkan bahwa latihan Buteyko Breathing Technique dan Diaphragmatic Breathing Exercise dapat meningkatkan kontrol asma berdasarkan peningkatan skor Asthma Control Test (ACT) serta membantu mengurangi gejala dan kekambuhan asma. Buteyko merupakan intervensi yang paling banyak ditemukan, sedangkan diaphragmatic breathing juga menunjukkan manfaat terhadap kontrol dan fungsi pernapasan. Latihan pernapasan berpotensi digunakan sebagai terapi nonfarmakologis pendamping dalam pengelolaan pasien asma.

Kata Kunci : Eksaserbasi asma, Buteyko , diaphragmatic breathing
Database : 27 (2020 -2026)

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**THE EFFECT OF BREATHING EXERCISES AS AN INTERVENTION TO
REDUCE ASTHMA EXACERBATIONS IN PATIENTS WITH ASTHMA**

xiii + 45 Pages + 4 Tables + 1 Schemes + 4 Appendices

ABSTRACT

Asthma is a chronic inflammatory disease of the airways characterized by shortness of breath, wheezing, coughing, and chest tightness, which may develop into exacerbations or relapses. Breathing exercises are one of the non-pharmacological interventions that may help control asthma symptoms. This Systematic Literature Review (SLR) aimed to analyze the effect of breathing exercises on exacerbations in patients with asthma using the PRISMA approach. Literature searches were conducted through the PubMed, ScienceDirect, ProQuest, and GARUDA databases. Of the 12.824 articles identified, 132 full-text articles were assessed for eligibility, and 10 articles met the criteria for analysis. The synthesis results showed that the Buteyko Breathing Technique and Diaphragmatic Breathing Exercise could improve asthma control, as indicated by increased Asthma Control Test (ACT) scores, and may help reduce asthma symptoms and exacerbations. The Buteyko Breathing Technique was the most frequently identified intervention, while diaphragmatic breathing also demonstrated benefits for asthma control and respiratory function. Breathing exercises have the potential to be used as adjunctive non-pharmacological therapy in the management of patients with asthma.

Keywords : Asthma exacerbation, Buteyko, Diaphragmatic Breathing
References : 27 (2020-2026)