

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

Skripsi, Feb 2025

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“Pengaruh Kombinasi *Proning Position* dengan *Deep Breathing Exercise* Terhadap *Dispnea* Pada Pasien PPOK Di RSUD Arifin Achmad Provinsi Riau”

ABSTRAK

Penyakit Paru Obstruktif Kronis (PPOK) menjadi masalah kesehatan utama di seluruh dunia. Pasien PPOK umumnya mengalami *dispnea* yang akan menyebabkan penurunan oksigen. *Proning Position* dengan *Deep Breathing Exercise* adalah salah satu terapan non-farmakologis yang dapat diberikan pada pasien PPOK yang mengalami *dispnea*. Tujuan penelitian ini adalah untuk mengetahui Pengaruh Kombinasi *Proning Position* dengan *Deep Breathing Exercise* terhadap *dispnea* pada pasien PPOK Di RSUD Arifin Achmad Provinsi Riau. Desain penelitian ini menggunakan *quasy experiment*. Jumlah sampel yang digunakan sebanyak 19 responden. Instrumen yang digunakan berupa Skala *Numeric rating Scale*. *Proning Position* dengan *Deep Breathing Exercise* dilakukan selama 2 jam setiap hari selama 3 hari. Hasil penelitian menggunakan uji *wilcoxon* didapatkan pre post mean rank 10.00, sum rank 190.00, hasil *post-test dispnea* didapatkan hasil *p value* 0,000 ($<0,05$), artinya ada pengaruh yang signifikan pada *Proning Position* dengan *Deep Breathing Exercise* terhadap *dispnea* pada pasien PPOK. Kesimpulan: terdapat pengaruh kombinasi *Proning Position* dengan *Deep Breathing Exercise* terhadap *dispnea* pada pasien PPOK Di RSUD Arifin Achmad.

Kata Kunci: PPOK, Dispnea, Deep Breathing Exercise

**NURSING PROGRAM STUDY
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Research, Feb 2025

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"The Effect of Combination of Proning Position with Deep Breathing Exercise on Dyspnea in COPD Patients at Arifin Achmad Hospital, Riau Province"

ABSTRACT

Chronic Obstructive Pulmonary Disease (COPD) is a major health problem worldwide. COPD patients generally experience dyspnea which will cause decreased oxygen. Proning Position with Deep Breathing Exercise is one of the non-pharmacological therapies that can be given to COPD patients who experience dyspnea. The purpose of this study was to determine the Effect of the Combination of Proning Position with Deep Breathing Exercise on dyspnea in COPD patients at Arifin Achmad Hospital, Riau Province. This study design used a quasi experiment. The number of samples used was 19 respondents. The instrument used was a Numeric Rating Scale. Proning Position with Deep Breathing Exercise was carried out for 2 hours every day for 3 days. The results of the study using the Wilcoxon test obtained a pre-post mean rank of 10.00, a sum rank of 190.00, the results of the post-test dyspnea obtained a p value of 0.000 (<0.05), meaning that there is a significant effect of Proning Position with Deep Breathing Exercise on dyspnea in COPD patients. Conclusion: There is an effect of the combination of Proning Position with Deep Breathing Exercise on dyspnea in COPD patients at Arifin Achmad Hospital.

Keywords: COPD, Dyspnea, Deep Breathing Exercise