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Penerapan *Diafragma Breathing Exercise* Pada Keluarga Dengan Ketidakefektifan Manajemen Kesehatan Keluarga Di Desa Pancuran Gading Kecamatan Tapung

XI + 72 Halaman + 10 Tabel + 7 Lampiran

ABSTRAK

Asma adalah penyakit kronis pada saluran pernapasan yang ditandai peradangan dan penyempitan jalan napas sehingga menimbulkan gejala sesak napas, batuk, dan mengi. Penderita asma memerlukan pengelolaan yang tepat, termasuk peran keluarga dalam manajemen kesehatan. Tujuan Karya Ilmiah Akhir Ners ini adalah memberikan gambaran hasil praktik profesi Ners melalui penerapan *diaphragmatic breathing exercise* (DBE) sebagai intervensi nonfarmakologis untuk mengurangi sesak napas dan meningkatkan kenyamanan bernapas pada keluarga dengan anggota penderita asma di Desa Pancuran Gading, Kecamatan Tapung, Kabupaten Kampar. Metode pelaksanaan menggunakan teknik eksperimen pada tiga keluarga penderita asma di RT 03. Intervensi dilakukan selama 6 hari, 1 kali per hari, 10-15 menit per sesi, di rumah pasien. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, serta alat ukur oksimeter dan skala Borg, dengan indikator keberhasilan mengacu pada Standar Luaran Keperawatan Indonesia (SLKI). Hasil intervensi menunjukkan perbaikan signifikan: rata-rata RR menurun dari 22 menjadi 18 x/menit, SpOs meningkat dari 96% menjadi 98%, dan skor Borg turun dari 2 menjadi 0. Selain itu, nilai manajemen kesehatan keluarga meningkat dari rata-rata 17,6 menjadi 34,6. Kesimpulan, DBE efektif meningkatkan fungsi pernapasan, memperbaiki oksigenasi, dan meningkatkan kemampuan keluarga dalam mengelola kesehatan anggota dengan asma.

Kata Kunci : Asma, *Diafragma Breathing Exercise*, Keluarga
Daftar Puskata: 35 (2018-2023)

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“Application of Diaphragmatic Breathing Exercises in Families with Ineffective Family Health Management in Pancuran Gading Village, Tapung District”

XI + 72 Pages + 10 Tables + 7 Appendices

ABSTRACT

Asthma is a chronic respiratory disease characterized by inflammation and narrowing of the airways, causing symptoms such as shortness of breath, coughing, and wheezing. Asthma patients require proper management, including the role of family in health management. The objective of this final nursing thesis is to provide an overview of nursing practice outcomes through the application of diaphragmatic breathing exercises (DBE) as a non-pharmacological intervention to reduce shortness of breath and improve breathing comfort in families with asthma patients in Pancuran Gading Village, Tapung Subdistrict, Kampar District. The implementation method used an experimental technique on three families with asthma in RT 03. The intervention was conducted over 6 days, once daily, for 10-15 minutes per session, at the patient's home. Data collection was conducted through interviews, observations, physical examinations, and the use of an oximeter and Borg scale, with success indicators based on the Indonesian Nursing Outcomes Standards (SLKI). The intervention results showed significant improvements: the average respiratory rate decreased from 22 to 18 breaths per minute, SpO₂ increased from 96% to 98%, and the Borg score decreased from 2 to 0. Additionally, the family health management score improved from an average of 17.6 to 34.6. Conclusion: DBE effectively improves respiratory function, enhances oxygenation, and improves the family's ability to manage the health of members with asthma.

Keywords: Asthma. Diaphragmatic Breathing Exercise, Family
References: 35 (2018-2023)