ABSTRACK

NURJANA S. ABUYA, *Effect of Infusion of Diaphragmatic Breathing Exercise on Increasing Oxygen Saturation in Patients with Respiratory Disorders in the Emergency Room RSUD Dr.M.M Dunda Limboto. Supervised by* ***PIPIN YUNUS*** *as chair and* ***HASLINDA DAMANSYAH*** *as member.*

Diaphragm breathing (diaphragmatic breathing exercise) is a breathing exercise that relaxes respiratory muscles when inspiration and expiration. The purpose of this research is to find out the effect of infusion diaphragmatic breathing exercise on increasing oxygen saturation in patients with respiratory disorders in the Emergency Room RSUD. Dr. M.M Dunda Limboto. This research design is quasi-experiment with the pre-test group of pre-test-post test design. The population in the study totaled 774 people and was reduced by researchers using the Slovin formula to 16 people. Sampling techniques using purposive sampling. The results of this study obtained oxygen saturation level before the treatment of diaphragmatic breathing exercise technique in the emergency room has an average mean value of 0.00 which means less than 0.05 means that the oxygen saturation level is below normal <92%. The oxygen saturation level after the treatment of the diaphragmatic breathing exercise technique in the emergency department has an average value of 8.50 which means more than 0.05 means that the oxygen saturation level increases above normal> 95%. The results of the statistical test using the Wilcoxon Signed Rank Test test by looking at the Pre and Post Test Difference Values in both groups, the results of the first group did not have a difference of 0^A while in the second group had a positive increase of 16^B it could be interpreted the addition of the value between the Pre and Post Test with the value of P-Value 0,000 <0.05 Respiratory Disease in the Emergency Room of the Emergency Department of RSUD Dr.M.M Dunda Limboto.

Keywords*: diagfragm, breathing, infusion diagfragm breathing exercise*

ABSTRAK

NURJANA S. ABUYA, Pengaruh *Infusi Diafragmatic Breathing Exercise* Terhadap Peningkatan Saturasi Oksigen Pada Pasien Penyakit Gangguan Pernapasan Di Ruang Instalasi Gawat Darurat RSUD Dr.M.M Dunda Limboto. Dibimbing oleh PIPIN YUNUS dan HASLINDA DAMANSYAH.

Pernapasan diafragma (*Diafragmatic Breathing Exercise*) merupakan latihan pernapasan yang merelaksasikan otot – otot pernapasan saat melakukan inspirasi dan ekspirasi. Tujuan penelitian ini mengetahui pengaruh *infusi diafragmatic breathing exercise* terhadap peningkatan saturasi oksigen pada pasien penyakit gangguan pernapasan di ruang instalasi gawat darurat rsud. dr. m.m dunda limboto. Desain penelitian ini *quasi-experiment* dengan pendekatan *one grup pre test – post test* desain. Jumlah populasi dalam penelitian berjumlah 774 orang dan di perkecil oleh peneliti menggunakan rumus *slovin* menjadi 16 orang. Teknik pengambilan sampel menggunakan *purposive sampling*. Hasil penelitian ini didapatkan Tingkat saturasi oksigen sebelum diberikan perlakuan teknik *diafragmatic breathing exercise* di ruang instalasi gawat darurat memiliki nilai *mean* rata – rata 0,00 yang berati kurang dari 0,05 artinya tingkat saturasi oksigen dibawah normal <92%. Tingkat saturasi oksigen setelah diberikan perlakuan teknik *diafragmatic breathing exercise* di ruang instalasi gawat darurat memiliki nilai rata – rata 8,50 yang berarti lebih dari 0,05 artinya tingkat saturasi oksigen meningkat diatas normal >95%. Hasil uji statistik menggunakan uji *wilcoxon signed rank test* dengan melihat nilai selisih *pre* dan *post test* pada kedua kelompok, di dapatkan hasil kelompok pertama tidak memiliki selisih sebesar 0^a sedangkan pada kelompok kedua memiliki peningkatan positif sebesar 16^b dapat di artikan terjadi penambahan nilai antara *pre* dan *post test* dengan nilai *p-value* 0,000 < 0,05 yang berarti terdapat pengaruh *infusi diafragmatic breathing exercise* terhadap peningkatan saturasi oksigen pada penyakit gangguan pernapasan di ruang instalasi gawat darurat RSUD Dr.M.M Dunda Limboto.

Kata Kunci: diagfragma, pernapasan, *infusi diagfragma breathing exercise*