

# HUBUNGAN ANTARA FREKUENSI SENAM ASMA DENGAN DERAJAT SESAK DAN ARUS PUNCAK EKSPIRASI PADA PASIEN ASMA PERSISTEN SEDANG DI RSUP PERSAHABATAN RAWAMANGUN, JAKARTA

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## Abstrak

Asma adalah penyakit penyempitan saluran napas yang bersifat kambuh berulang dan *reversible* pada saluran napas yang mengalami keadaan inflamasi kronis. Menurut Survei Kesehatan Demografi Indonesia pada tahun 2012 menunjukkan jumlah penderita asma sebanyak 13,2 juta orang dengan angka prevalensi asma sebesar 24,5%. Menurut WHO angka kejadian asma akan meningkat sebanyak 300 juta orang hingga 400 juta orang di dunia pada tahun 2025. Senam Asma Indonesia merupakan salah satu tatalaksana asma selain menggunakan obat. Penelitian ini bertujuan untuk mengetahui hubungan frekuensi senam asma dengan derajat sesak dan nilai APE pada pasien asma persisten sedang. Penelitian ini menggunakan desain *cross sectional* dengan besar sampel sebanyak 37 orang. Kriteria subjek penelitian adalah pasien asma persisten sedang, telah mengikuti senam asma minimal 2 bulan, berumur 25-65 tahun dan bersedia menjadi responden. Sesak nafas diukur menggunakan skala *Borg* dan arus puncak ekspirasi diukur dengan menggunakan *peak flow meter*. Hasil uji *Fisher Exact Test* menunjukkan ada hubungan frekuensi senam asma dan nilai APE ( $p = 0,001$ ) tetapi tidak ada hubungan frekuensi senam asma dan derajat sesak ( $p = 0,072$ ). Frekuensi latihan senam asma selama 3-4 kali dalam seminggu dapat memperbaiki nilai APE.

**Kata kunci :** Senam, Asma, Sesak, APE.

# **RELATION BETWEEN FREQUENCY OF ASTHMA EXERCISE WITH PERCEPTION OF DYSPNEA AND PEAK EXPIRATORY FLOW ON PERSISTENT ASTHMA PATIENTS IN PERSAHABATAN HOSPITAL AT RAWAMANGUN, JAKARTA**

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## **Abstract**

Asthma is a disease of airway constriction which is repeatedly relapse and reversible on airway with chronic inflammation. According to Indonesia Demography Health Survey in 2012, the number of asthma patients were up to 13.2 million with prevalence rate of 24.5% . According to WHO the prevalence of asthma will increase by 300 million to 400 million in 2025. Asthma exercise was one of the therapy in asthma management in addition to drugs and nutritional therapy. This study aimed to determine the asthma exercise frequency related to dyspnea and APE values in patients with moderate persistent asthma. This research was conducted by using cross sectional design with sample size of 37 respondents. Criteria of the research subjects were patients with moderate persistent asthma, which had attended at least 2 months of asthma exercise, aged 25-65 years old and willing to become respondents. Dyspnea was measured by using a Borg Scale and peak expiratory flow which was measured by using a peak flow meter. The result of Fisher test showed there was relation between asthma exercise frequency with APE value ( $p = 0.001$ ), but there was no relation between asthma exercise frequency and degree of dyspnea ( $p = 0.072$ ). Frequency of conducting asthma exercises 3-4 times a week could improve the value of APE.

**Keywords :** Exercise, Asthma, Dyspnea, APE.