

# PERBANDINGAN NILAI ARUS PUNCAK EKSPIRASI DENGAN PEROKOK DAN BUKAN PEROKOK PADA SISWA SEKOLAH CALON TAMTAMA DI RINDAM JAYA TAHUN 2016

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## Abstrak

Merokok pada tentara dapat merusak komponen kebugaran jasmani. Dampak merokok, sering dirasakan adanya tahanan pada jalur pernapasan selama latihan maksimum dan dapat mengurangi tingkat kinerjanya. Penilaian tahanan jalur pernapasan dilakukan dengan penilaian fungsi paru yaitu mengukur Arus Puncak Ekspirasi (APE) dengan *Peak Flow Meter*. Tujuan penelitian ini untuk melihat pengaruh rokok terhadap fungsi paru yang dinilai melalui pengukuran APE. Penelitian ini bersifat observasional analitik, menggunakan metode *cross sectional* dengan membandingkan 2 kelompok penelitian, perokok (n=27) dan bukan perokok (n=27). Sampel penelitian diambil pada siswa SECATA Rindam Jaya dengan metode Simple Random Sampling. Data dianalisis menggunakan uji Chi-square. Hasil penelitian didapatkan siswa perokok dengan APE aman berjumlah 8 siswa (30,8%), siswa perokok dengan interpretasi APE waspada berjumlah 18 orang (69,2%). Responden siswa bukan perokok dengan APE aman berjumlah 34 siswa (100,0%). Berdasarkan hasil uji Chi-square di dapatkan nilai  $p = 0,000$ , maka  $H_0$  berhasil ditolak sehingga terdapat perbandingan nilai Arus Puncak Ekspirasi dengan Perokok dan Bukan Perokok pada Siswa SECATA Rindam Jaya. Sebaiknya para siswa SECATA menerapkan pola hidup sehat dengan tidak merokok, menjauhi asap rokok dan penghentian rokok secara bertahap.

**Kata Kunci** : rokok, Nilai Arus Puncak Ekspirasi, *Peak Flow Meter*, Tentara.

# COMPARATIVE VALUES PEAK EXPIRATORY FLOW WITH SMOKERS AND NON SMOKERS STUDENT OF CADET SCHOOL IN RINDAM JAYA YEAR 2016

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## Abstract

*Soldier's smoking habit can damage the components of physical fitness. As a consequence of smoking, its very often felt the custody on the respiratory pathway during maximum exercise and may reduce the performance level of the soldiers. The custody rate of the respiratory pathway to do with the assessment of lung function that measures the Peak Expiratory Flow (PEF) with a Peak Flow Meter. The purpose of this research is to observe the effect of smoking on lung function were assessed through the measurement of the PEF. This research is observational analytic, using cross sectional method to compare two groups of study, smokers (n=27) and non-smokers (n=27). Samples were taken at SECATA Rindam Jaya students with Simple Random Sampling method. The data were analyzed using the Chi-square test. Results obtained, the student smokers interpretation PEF secure amounted 8 students (30.8%), student smokers with PEF cautious amounted 18 students (69.2%). Respondents students nonsmokers with interpretation PEF secure amounted to 34 students (100,0%) Based on the Chi-square test results, the value of  $p=0.000$  so  $H_0$  successfully rejected, so it can be concluded that there is a ratio of peak expiratory flow values on SECATA Rindam Jaya Students with Smoking and Non Smokers. The students should apply healthy lifestyle by not smoking, away from the smoke and quit smoking gradually.*

**Keywords:** *Smoking, Peak Expiratory Flow Value, Peak Flow Meter, Soldier*