

**Universitas Ngudi Waluyo
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“Perbedaan Derajat Sesak Napas Sebelum Dan Sesudah Diberikan Terapi Inhalasi Daun Mint Pada Pasien Asma Rawat Jalan Di Balai Kesehatan Paru Masyarakat Kota Salatiga”

(xv+ 79 halaman + 8 tabel + 2 gambar + 11 lampiran)

ABSTRAK

Latar belakang : Asma adalah penyakit saluran napas kronik dengan salah satu riwayat yaitu sesak napas. Kasus Asma di Jawa Tengah tahun 2013 sejumlah 113.028 kasus. Upaya mengurangi sesak napas pasien asma salah satunya dengan memberikan terapi non medis aroma terapi inhalasi daun mint. Dengan cara menghirup uap air panas dengan campuran daun mint selama 10 menit.

Tujuan Penelitian : Untuk mengetahui perbedaan derajat sesak napas sebelum dan sesudah diberikan terapi inhalasi daun mint pada pasien Asma rawat jalan di Balai Kesehatan Paru Masyarakat Kota Salatiga.

Desain penelitian: Pre-experimental dengan rancangan penelitian *one group pre-test dan post-test design*. Populasi pasien Asma berjumlah 212 orang dan penelitian ini menggunakan teknik purposive sampling dengan jumlah sampel 17 responden. Pengambilan data menggunakan instrumen lembar observasi dengan skala sesak napas dari Borg. Analisis bivariat menggunakan *uji wilcoxon*.

Hasil : Hasil penelitian menunjukkan ada perbedaan derajat sesak napas sebelum dan sesudah diberikan terapi inhalasi daun mint pada pasien asma dengan *p value* $0,007 < \alpha (0,05)$

Saran : Dapat dijadikan sebagai intervensi mandiri pada keperawatan

Kata kunci : Derajat sesak nafas, terapi inhalasi, daun mint
Kepustakaan: 43 (2009-2019)

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“The Difference of Breathing Difficulty Level Before and After Mint Inhalation Therapy on Outpatient Asthma Patients at Community Lung Health Center Salatiga ”

(xv+ 79 pages + 8 tables+ 2 pictures + 11 attachments)

ABSTRACT

Background : Asthma is a chronic respiratory disease with breathing difficulty as one of it's symptoms. Central Java in 2013 had 113.028 cases of Asthma. One way to decrease asthma patients's breathing difficulty is by applying inhalation aromatherapy non medical therapy. Inhaling warm water steam with mint for 10 minutes.

Purpose of the study : To know The Difference of Breathing Difficulty Level Before and After Mint Inhalation Therapy on Outpatient Asthma Patients at Community Lung Health Center Salatiga.

Research design : Pre experimental with one group pre test and post test design as the research design. The population of Asthma patients was 212 people and this research was a purposive sampling technique with 17 respondents as sample. The data collection was done by observation sheets with Borg's breathing difficulty scale. Bivariat analysis was done by wilcoxon test.

Result : The results showed there is a different of breathing difficulty level between before and after mint inhalation therapy on asthma patients with p value is $0,007 < \alpha (0,05)$.

Suggestion : can be adopted as an independent intervention in nursing.

Key words : Breathing difficulty level, inhalation therapy, mint

Literature : 43 (2009-2019)

