

## ABSTRAK

Pengaruh fisioterapi dada terhadap terhadap frekuensi pernafasan pada pasien TB Paru. Terapi ini bertujuan untuk membersihkan jalan nafas dari sputum, mencegah akumulasi sputum, memperbaiki saluran nafas, dan membantu ventilasi paru paru serta mempertahankan ekspansi paru. Penelitian ini bertujuan untuk mengetahui pengaruh fisioterapi dada terhadap frekuensi pernafasan pada pasien TB Paru di RSUD. Royal Prima Medan. Penelitian menggunakan *Quasi Experiment* dengan desain *One-Group Pre-test-Post-test*. Waktu penelitian pada bulan Juni s/d Agustus 2019. Populasi adalah seluruh pasien yang menderita TB Paru sebanyak 30 orang. Teknik pengambilan sampel dengan *Sampling Jenuh*, maka sampel sebanyak 30 orang. Metode pengumpulan data menggunakan lembar observasi. Analisa data univariat dalam tabel distribusi frekuensi. Analisa bivariat menggunakan program SPSS. Hasil penelitian mendapatkan karakteristik responden menurut umur, mayoritas berumur  $\leq 59$  tahun, berjenis kelamin laki-laki dan perempuan. Mayoritas responden memiliki pernafasan normal setelah dilakukan fisioterapi dada dan. Berdasarkan pengaruh fisioterapi dada terhadap frekuensi pernafasan pada pasien TB Paru, menggunakan uji *Wilcoxon* didapat nilai signifikan ( $p$ ) = 0,00 maka  $H_a$  diterima yang artinya ada pengaruh fisioterapi dada terhadap frekuensi pernafasan pada pasien TB Paru di RSUD Royal Prima Medan tahun 2019 dan  $H_o$  ditolak, artinya tidak ada pengaruh fisioterapi dada terhadap peningkatan frekuensi pernafasan pada pasien TB paru di RSUD Royal Prima Medan Tahun 2019. Kesimpulannya adalah ada pengaruh fisioterapi dada terhadap frekuensi pernafasan pada pasien TB Paru. Diharapkan peneliti selanjutnya dapat melanjutkan penelitian tentang pengaruh fisioterapi dada terhadap bersihan jalan nafas pada pasien TB Paru.

**Kata kunci:** fisioterapi dada, frekuensi, pernafasan, TB Paru

## ABSTRACT

*Effect of chest physiotherapy on the frequency of breathing in pulmonary TB patients. This therapy aims to clean the airway of the sputum, prevent sputum accumulation, improve airway breathing, and help ventilate the lungs and maintain lung expansion. This study aims to determine the effect of chest physiotherapy on respiratory frequency in pulmonary TB patients in General Hospital. Royal Prima Medan. The research uses Quasi Experiment with One-Group Pre-test-Post-test design. When the study was in June to August 2019. The population was all patients suffering from pulmonary TB as many as 30 people. Sampling technique with Saturated Sampling, then a sample of 30 people. Data collection method uses observation sheets. Univariate data analysis in the frequency distribution table. Bivariate analysis uses the SPSS program. The results showed the characteristics of respondents according to age, the majority aged 59 years, male and female sex. The majority of respondents have normal breathing after chest physiotherapy and. Based on the influence of chest physiotherapy on respiratory frequency in pulmonary TB patients, using the Wilcoxon test obtained a significant value ( $p$ ) = 0.00 then  $H_a$  is accepted, which means that there is an influence of chest physiotherapy on respiratory frequency in pulmonary TB patients at Royal Prima Hospital in 2019 and  $H_o$  rejected, meaning that there is no effect of chest physiotherapy on the increase in respiratory frequency in pulmonary TB patients in Royal Prima Medan Hospital in 2019. The conclusion is that there is an effect of chest physiotherapy on respiratory frequency in pulmonary TB patients. It is hoped that further researchers can continue research on the effects of chest physiotherapy on airway clearance in pulmonary TB patients.*

*Keywords: chest physiotherapy, frequency, breathing, pulmonary TB*

