

**PENGARUH PEMBERIAN BATUK EFEKTIF TERHADAP  
KETIDAKEFEKTIFAN BERSIHAN JALAN NAFAS PADA PASIEN  
PENYAKIT PARU OBSTRUKTIF**

Putry Maylinia Utami<sup>1</sup> Retno Sumiyarini<sup>2</sup>

Program Studi Profesi Ners Universitas Jendral Achmad Yani Yogyakarta

Email: [putrymaylinia6@gmail.com](mailto:putrymaylinia6@gmail.com)

**INTISARI**

**Latar Belakang:** Penyakit paru obstruktif kronik merupakan sekumpulan beberapa penyakit, diantaranya adalah bronkitis kronis, emfisema dan asma. Gejala dari PPOK ialah batuk dengan atau tanpa dahak dan sesak nafas.

**Tujuan:** Teknik batuk efektif merupakan salah satu terapi non farmakologi yang membantu mengeluarkan dahak secara maksimal dan mengurangi sesak nafas serta mencegah pasien dari kelelahan.

**Metode:** Penelitian ini menggunakan metode observasi partisipatif. Data didapatkan dari wawancara pasien, keluarga dan rekam medis, penulis mengimplementasikan teknik batuk efektif sesuai SOP selama 3 hari.

**Hasil:** Hari pertama tanggal 16 Januari 2024, didapatkan hasil frekuensi nafas 22 x/menit, spo2 95%. Kemudian dihari ketiga 18 Januari 2024, frekuensi nafas 20 x/menit dan spo2 99%. intervensi batuk efektif secara berkala selama tiga hari frekuensi nafas Tn.S membaik, spo2 meningkat dan Tn.S mengatakan ia sudah tidak merasa sesak serta dahak mudah dikeluarkan.

**Kesimpulan:** Adanya pengaruh pemberian batuk efektif dengan frekuensi nafas dan pengeluaran sputum atau dahak pada pasien penyakit paru obstruktif kronik (PPOK).

Kata Kunci: PPOK, Batuk Efektif

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<sup>1</sup> Mahasiswa Profesi Ners Universitas Jendral Achmad Yani Yogyakarta

<sup>2</sup> Dosen Pembimbing Akademik Profesi Ners UNiversitas Jendral Achmad Yani Yogyakarta

**THE INFLUENCE OF EFFECTIVE COUGHING ON THE  
INEFFECTIVENESS OF RESPIRATORY CLEARANCE IN PATIENTS WITH  
OBSTRUCTIVE LUNG DISEASE**

Putry Maylinia Utami<sup>1</sup> Retno Sumiyarini<sup>2</sup>

*Nursing Profession Study Program, Jendral Achmad Yani University, Yogyakarta*

Email: [putrymaylinia6@gmail.com](mailto:putrymaylinia6@gmail.com)

**ABSTRACT**

**Background:** Chronic obstructive pulmonary disease is a group of several diseases, including chronic bronchitis, emphysema and asthma. Symptoms of COPD are cough with or without phlegm and shortness of breath.

**Objective:** Effective coughing technique is a non-pharmacological therapy that helps expel phlegm optimally and reduces shortness of breath and prevents patients from fatigue.

**Method:** This research uses the participant observation method. Data obtained from interviews with patients, families and medical records, the author implemented effective cough techniques according to SOP for 3 days.

**Results:** On the first day, January 16 2024, the respiratory frequency results were 22 x/minute, spo2 95%. Then on the third day, January 18 2024, respiratory frequency was 20 x/minute and spo2 was 99%. Cough intervention was effective periodically for three days. Mr. S's breathing frequency improved, spo2 increased and Mr.

**Conclusion:** There is an effect of effective coughing on respiratory frequency and sputum or phlegm expulsion in patients with chronic obstructive pulmonary disease (COPD).

**Keywords:** COPD, Effective Cough

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<sup>1</sup> Nursing Professional Student at Jendral Achmad Yani University Yogyakarta

<sup>2</sup> Academic Supervisor of the Nursing Profession, Jendral Achmad Yani University, Yogyakarta