

**EFEKTIFITAS TERAPI PURSED LIP BREATHING DENGAN MODIFIKASI
MENIUP BALON PADA ANAK DENGAN PNEUMONIA
DI PUSKESMAS PANDAK**

Viollinna Nazhan¹, Ferianto, M.Kep²

Profesi Ners, Fakultas Kesehatan, Universitas Jenderal Achmad Yani Yogyakarta

Email: viollinnanazhan001@gmail.com

ABSTRAK

Latar Belakang: Pneumonia masih menjadi penyebab kematian tertinggi pada balita. Balita dengan pneumonia, paru-paru meradang dan berlendir, sehingga napas jadi cepat, sesak, dan oksigen menurun. Salah satu terapi non-farmakologi yang dinilai efektif dalam meningkatkan fungsi pernapasan adalah *Pursed Lips Breathing* (PLB), terutama jika dimodifikasi dengan aktivitas meniup balon agar lebih menarik bagi anak.

Tujuan: Mengetahui efektivitas terapi PLB dengan modifikasi meniup balon dalam meningkatkan saturasi oksigen pada anak yang mengalami pneumonia.

Metode: Penelitian ini menggunakan desain studi kasus satu responden dengan teknik pengumpulan data melalui observasi dan penerapan proses keperawatan yang mencakup pengkajian, diagnosis, intervensi, implementasi, dan evaluasi. Intervensi dilakukan dengan meniup balon menggunakan teknik PLB, satu kali sehari selama tiga hari, masing-masing selama 10–15 menit. Subjek adalah anak prasekolah yang didiagnosis pneumonia dalam satu bulan terakhir.

Hasil: Setelah intervensi, terjadi penurunan frekuensi napas dari 35x/menit menjadi 24x/menit, dan peningkatan saturasi oksigen dari 96% menjadi 100%.

Kesimpulan: Terapi meniup balon dengan teknik PLB efektif meningkatkan fungsi pernapasan dan saturasi oksigen pada anak prasekolah yang mengalami pneumonia.

Kata Kunci: Pursed Lip Breathing, Anak Prasekolah, Pneumonia.

¹Pendidikan Profesi Ners Universitas Jenderal Achmad Yani Yogyakarta

²Dosen Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

EFFECTIVENESS OF PURSED LIP BREATHING THERAPY WITH MODIFICATION BLOWING BALLOONS IN CHILDREN WITH PNEUMONIA AT PANDAK HEALTH CENTER

Viollinna Nazhan¹, Ferianto, M.Kep²

Nursing Profession, Faculty of Health, Jenderal Achmad Yani University
Yogyakarta Email: viollinnanazhan001@gmail.com

ABSTRACT

Background: Pneumonia is still the highest cause of death in toddlers. One non-pharmacological therapy that is considered effective in improving respiratory function is *Pursed Lips Breathing* (PLB), especially if modified with balloon blowing activities to make it more interesting for children.

Objective: To determine the effectiveness of PLB therapy with balloon blowing modification in improving oxygen saturation in children with pneumonia.

Methods: This study used a single-subject case study design with data collected through observation and application of the nursing process which included assessment, diagnosis, intervention, implementation, and evaluation. The intervention was carried out by blowing balloons using the PLB technique, conducted once daily for three consecutive days, with each session lasting 10 to 15 minutes. Subjects were preschool children who had been diagnosed with pneumonia within the past month.

Results: After the intervention, the respiratory rate decreased from 35 breaths per minute to 24 breaths per minute, and oxygen saturation increased from 96% to 100%.

Conclusion: Balloon blowing therapy with PLB techniques is effective in improving respiratory function and oxygen saturation in preschool children with pneumonia.

Keywords: Pursed Lip Breathing, Preschooler, Pneumonia.

¹Nursing Professional Education at Jenderal Achmad Yani University Yogyakarta

²Nursing Lecturer at Jenderal Achmad Yani University Yogyakarta