

ABSTRACT

THE RELATION OF ASTHMA GYMNASTIC ROUTINITY TO LUNG FUNCTION AT ASTHMA PATIENT WHOSE DO ASTHMA GYMNASTIC IN RSUD ABDUL MOELOEK

BY

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One of the upper respiratory tract disease that interferes in the community is asthma. In asthma bronchiolus found the muscle spasms that can cause shortness of breath, difficulty in expiration, decreased lung capacity and weakened physical condition. Control efforts in reducing an asthmatic condition not only through medication. But physical exercise like gymnastics asthma is considered suitable in improving the quality of correct breathing.

This type of research is descriptive analytic with cross sectional approach with a sample of 24 people were taken by total sampling. The inclusion criteria were gymnastics participants were present measurement, diagnosed asthma, and willing to participate in the study, while the exclusion criteria when the subject is suffering from respiratory diseases other researchers, not time of the attack, was not present when the data retrieval. Lung function of asthmatics may be measured directly by using spirometry. Data was analyzed using univariate and bivariate through unpaired T test with $\alpha = 0.05$.

From the results, the majority of respondents routinely follow gymnastics asthma (46%) and irregular (54%). There is a relationship between asthma gymnastics routine with a value of KVP with $p < 0.036$ and there is a relationship between asthma gymnastic routines with VEP1 with $p < 0.037$.

Conclusion there is a relation between asthma gymnastic routine on the value of KVP and VEP1 in asthmatics who follows gymnastics in hospitals Abdul Moeloek.

Key words: asthma, lung physiology, asthma gymnastic.