

**PENERAPAN *PURSED LIPS BREATHING CHICKBALL* DALAM
PEMENUHAN KEBUTUHAN OKSIGENASI PADA ANAK DENGAN
PNEUMONIA DI RUANG ASTER TIMUR
RSUP DR. SARDJITO YOGYAKARTA**

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ABSTRAK

Latar Belakang : Pneumonia merupakan salah satu penyebab gangguan sistem pernapasan pada anak yang dapat menimbulkan masalah bersihan jalan napas tidak efektif akibat penumpukan sekret. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk membantu memperbaiki status respirasi adalah *Pursed Lips Breathing* (PLB). Penggunaan media *chickball* sebagai terapi bermain diharapkan dapat meningkatkan partisipasi anak selama latihan pernapasan.

Tujuan: Mengetahui hasil penerapan *Pursed Lips Breathing* menggunakan media *chickball* dalam pemenuhan kebutuhan oksigenasi pada pasien anak dengan pneumonia di Ruang Aster Timur RSUP dr. Sardjito Yogyakarta.

Metode: Studi kasus deskriptif dengan pendekatan proses keperawatan pada dua pasien anak dengan pneumonia. Data diperoleh melalui wawancara, observasi, pemeriksaan fisik, dan studi dokumentasi. Intervensi *pursed lips breathing* menggunakan media *chickball* diberikan selama tiga hari berturut-turut dan dievaluasi berdasarkan perubahan frekuensi napas, saturasi oksigen, serta kondisi respirasi pasien.

Hasil: Setelah intervensi selama tiga hari, pasien pertama mengalami penurunan frekuensi napas dari 46 kali/menit menjadi 28 kali/menit dan peningkatan saturasi oksigen dari 93% menjadi 97%. Pasien kedua mengalami penurunan frekuensi napas dari 36 kali/menit menjadi 26 kali/menit dan peningkatan saturasi oksigen dari 93% menjadi 97%. Sesak napas berkurang, sputum lebih mudah dikeluarkan, ronki menurun, dan pasien tampak lebih kooperatif selama tindakan keperawatan.

Kesimpulan: Penerapan *pursed lips breathing* menggunakan media *chickball* efektif membantu memperbaiki status respirasi, meningkatkan saturasi oksigen, menurunkan frekuensi napas, serta membantu mengatasi masalah bersihan jalan napas tidak efektif pada anak dengan pneumonia.

Kata kunci: anak, kebutuhan oksigenasi, pneumonia, *Pursed Lips Breathing*, *chickball*.

**APPLICATION OF THE PURSED LIPS BREATHING TECHNIQUE
(CHICKBALL) TO MEET OXYGENATION NEEDS IN CHILDREN
WITH PNEUMONIA IN THE ASTER TIMUR WARD OF
DR. SARDJITO GENERAL HOSPITAL, YOGYAKARTA**

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ABSTRACT

Background: Pneumonia is one of the causes of respiratory system disorders in children that can lead to ineffective airway clearance due to the buildup of secretions. One nonpharmacological intervention that can be used to help improve respiratory status is Pursed Lips Breathing (PLB). The use of a chickball as a play therapy is expected to increase children's participation during breathing exercises.

Objective: To determine the outcomes of applying Pursed Lips Breathing using a chickball to meet the oxygenation needs of pediatric patients with pneumonia in the Aster Timur Ward at Dr. Sardjito General Hospital in Yogyakarta.

Methods: A descriptive case study using a nursing process approach was conducted on two pediatric patients with pneumonia. Data were collected through interviews, observations, physical examinations, and a review of medical records. The Pursed Lips Breathing intervention using a chickball was administered for three consecutive days and evaluated based on changes in respiratory rate, oxygen saturation, and the patients' respiratory status.

Results: After a three-day intervention, the first patient's respiratory rate decreased from 46 breaths per minute to 28 breaths per minute, and their oxygen saturation increased from 93% to 97%. The second patient experienced a decrease in respiratory rate from 36 breaths per minute to 26 breaths per minute and an increase in oxygen saturation from 93% to 97%. Shortness of breath decreased, sputum was easier to expectorate, rales decreased, and the patient appeared more cooperative during nursing interventions.

Conclusion: The use of pursed-lip breathing with a chickball is effective in improving respiratory status, increasing oxygen saturation, reducing respiratory rate, and helping to address ineffective airway clearance in children with pneumonia.

Keywords: children, oxygenation needs, pneumonia, pursed-lip breathing, chickball.