**ABSTRAK**

**Pengaruh Latihan *Deep Diafragma Breathing* terhadap Saturasi Oksigen Pasien *Acute Decompensated Heart Failure* (ADHF) di Rumah Sakit Umum Daerah Klungkung**

I Gusti Agung Gede Wijaya Putra1, AA Istri Dalem Hana Yundari2, Ni Luh Gede Intan Saraswati3

*Acute Decompesated Heart Failure* menimbulkan gejala klinik berupa *dyspnea* mengakibatkan suplai oksigen ke seluruh tubuh terganggu dapat dilihat melalui penurunan saturasi oksigen.Upaya dapat dilakukan dengan memberikan Deep Diaphragmatic Breathing yang memiliki kelebihan cara mengoptimalkan ventilasi paru dan memperdalam pertukaran gas di alveolus*.*  Penelitian ini bertujuan untuk mengetahui pengaruh latihan *deep diafragma breathing* terhadap saturasi oksigen pasien ADHF. Jenis penelitian *pre eksperimental* dengan rancangan *One group Pra test-posttest Design*. Sampel penelitian adalah pasien *acute decompensated heart failure* sebanyak 36 orang yang dipilih dengan teknik sampel *purposive sampling*. Pengumpulan data menggunakan *pulse oxsimetry*, analisis data menggunakan uji *Paired t Test*. Hasil saturasi oksigen pre test rata-rata sebesar 92,03 dan post test sebesar 96,69*.* Hasil uji *paired t test* didapatkan nilai t hitung = 23,426 > t tabel df 35 = 2,021 dan p value = 0,000< 0,05 menunjukkan ada pengaruh latihan *deep diafragma breathing* terhadap saturasi oksigen pasien *acute decompensated heart failure*. Latihan *deep diafragma breathing* menyebabkan perbaikan kinerja alveoli meningkat dan difusi oksigen menjadi efektif serta meningkatkan kadar O2 dalam paru dan saturasi oksigen meningkat.

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**Kata kunci : *Deep Diafragma Breathing*, Saturasi Oksigen, *Acute Decompensated Heart Failure***

***ABSTRACT***

***Effect of Deep Diaphragmatic Breathing Exercise on Oxygen Saturation of Acute Decompensated Heart Failure (ADHF) Patients at Klungkung Regional General Hospital***

I Gusti Agung Gede Wijaya Putra1, AA Istri Dalem Hana Yundari2, Ni Luh Gede Intan Saraswati3

*Acute Decompesated Heart Failure causes clinical symptoms in the form of dyspnea resulting in impaired oxygen supply to the whole body can be seen through a decrease in oxygen saturation. Efforts can be made by providing Deep Diaphragmatic Breathing which has the advantage of optimising lung ventilation and deepening gas exchange in the alveolus. This study aims to determine the effect of deep diaphragmatic breathing exercise on oxygen saturation of ADHF patients. Pre-experimental research with one group pre-test-posttest design. The research sample was 36 acute decompensated heart failure patients selected by purposive sampling technique. Data collection using pulse oxsimetry, data analysis using Paired t Test. The average pre-test oxygen saturation was 92.03 and post-test was 96.69. The results of the paired t test obtained the value of t count = 23.426> t table df 35 = 2.021 and p value = 0.000 <0.05 shows there is an effect of deep diaphragm breathing exercise on oxygen saturation of patients with acute decompensated heart failure. Deep diaphragm breathing exercise causes improved alveoli performance to increase and oxygen diffusion becomes effective and increases O2 levels in the lungs and oxygen saturation increases.*

***Keywords: Deep Diaphragmatic Breathing, Oxygen Saturation, Acute Decompensated Heart Failure***