

Politeknik Kesehatan Kemenkes Bandung

Jurusan Keperawatan Bandung

Program Studi Keperawatan Bandung

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**TINDAKAN *GUIDED IMAGERY* PADA KLIEN ASMA UNTUK  
MENURUNKAN FREKUENSI NAFAS DI WILAYAH KERJA  
PUSKESMAS GARUDA**

**ABSTRAK**

xiv, 167 hal, 5 Bab, 2 Grafik, 2 Tabel, 11 lampiran

**Latar Belakang :** Menurut World Health Organisation (WHO, 2013) dilaporkan penyakit asma akhir-akhir ini kejadiannya mengalami peningkatan yang sangat tinggi dengan banyaknya mortalitas dan morbiditas. WHO memperkirakan setiap tahunnya diperkirakan 100-150 juta penduduk didunia mengalami penambahan jumlah hingga 180.000. Asma menurut Global Initiative of Asthma (GINA) adalah penyakit heterogen berupa inflamasi kronik saluran pernafasan yang melibatkan banyak sel imun. Gejala penyakit ini berupa mengi, sesak nafas, dada terasa berat, dan batuk yang bervariasi serta keterbatasan aliran udara yang bervariasi dari waktu ke waktu dan intens (GINA, 2018). **Tujuan :** Studi kasus ini bertujuan untuk menggambarkan pemberian guided imagery dapat menurunkan frekuensi nafas asma pada klien keluarga di RW.01 Kelurahan Campaka, Wilayah Kerja Puskesmas Garuda. **Metode studi kasus :** Metode studi kasus yang digunakan adalah rancangan studi kasus deskriptif yang meliputi biopsikologis, observasi, wawancara, kuesioner, dan skala penelitian. studi kasus ini bertujuan mendiskripsikan mengenai penerapan terapi *guided imagery* pada keluarga dengan klien penderita asma. **Hasil studi kasus :** Hasil studi kasus menunjukkan bahwa, terdapat pengaruh pemberian terapi guided imagery secara signifikan pada penurunan frekuensi nafas terhadap dua klien penderita asma. **Rekomendasi :** Direkomendasikan kepada petugas kesehatan untuk menjadikan terapi *guided imagery* sebagai alternatif meminimalisir angka terja dinya peningkatan frekuensi nafas, khususnya pada penderita asma.

Kata Kunci : Frekuensi Nafas, *Guided Imagery*, Asma

Daftar Pustaka : 9 Buku, 6 Jurnal (2012-2022)

Bandung Ministry of Health Health Polytechnic

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**MEASURES GUIDED IMAGERY ON ASTHMA CLIENTS TO REDUCE  
BREATH FREQUENCY IN GARUDA PUSKESMAS WORK AREA**

**ABSTRACT**

xiv, 165 Page, 5 Chapters, 2 Graphs, 2 Tables, 11 appendixes

**Background :** According to the World Health Organization (WHO, 2013) it was reported that recently the incidence of asthma has increased very high with a lot of mortality and morbidity. WHO estimates that every year an estimated 100-150 million people in the world experience an increase in the number of up to 180,000. Asthma according to the Global Initiative of Asthma (GINA) is a heterogeneous disease in the form of chronic inflammation of the respiratory tract that involves many immune cells. Symptoms of this disease include wheezing, shortness of breath, chest tightness, and cough that varies as well as airflow limitation that varies from time to time and is intense (GINA, 2018). **Objective :** This study aimed to describe the use of guided imagery to reduce the frequency of asthma breath in family clients in RW.01 Campaka Village, Garuda Community Health Center Work Area. **Case study method :** The case study method used is a descriptive case study design which includes biopsychology, observation, interviews, questionnaires, and research scale. This case study aims to describe the application of guided imagery therapy to families with asthmatic clients. **Case study results :** The case study results show that, there is a significant effect of giving guided imagery therapy on decreasing the frequency of breathing for two clients with asthma. **Recommendation :** It is recommended for health workers to use guided imagery therapy as an alternative to minimize the occurrence of an increase in the frequency of breathing, especially in asthmatics.

Keywords: Breathing Frequency, *Guided Imagery*, Asthma

Bibliography : 9 Book, 6 Journal (2012-2022)