THE EFFECT OF COMBINATION OF BUTEYKO BREATHING TECHNIQUE WITH DIAPHRAGMATIC BREATHING EXERCISE ON ASTHMA CONTROL AND OXYGEN SATURATION IN ELDERLY PEOPLE WITH ASTHMA

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ABSTRACT

***Background**: Asthma is a chronic inflammatory disease of the respiratory tract that can cause ventilation disorders, decreased asthma control, and decreased oxygen saturation, especially in the elderly population. The aging process causes a decline in respiratory function, making the elderly more susceptible to poor asthma control. Physiotherapy interventions that can be given include a combination of Buteyko Breathing Technique and Diaphragmatic Breathing Exercises.* **Objective**: This study aims to determine the effect of the combination of Buteyko Breathing Technique and Diaphragmatic Breathing Exercises on improving Asthma Control Test (ACT) scores and oxygen saturation in elderly patients with asthma.* **Method**: *This study used a quantitative method with a pre-experimental research design and a one group pre-test and post-test approach. A total of 25 elderly patients with asthma were selected using a purposive sampling technique. The research instruments used were Asthma Control Test (ACT) and a Pulse Oxymeter. The combination of Buteyko Breathing Technique and Diaphragmatic Breathing Exercise was given for 4 weeks.* **Results**: *Based on the Wilcoxon test, the results showed a significant increase in Asthma Control Test with a p value of <0.001 and oxygen saturation with a p value of 0.006 ($p<0.05$).* **Conclusion**: *There is an effect of the combination of Buteyko Breathing Technique and Diaphragmatic Breathing Exercise on increasing the Asthma Control Test (ACT) score and oxygen saturation in elderly patients with asthma.*

***Keyword:** Asthma, Elderly, Asthma Control Test, Oxygen Saturation, Buteyko Breathing, Diaphragmatic Breathing*