THE EFFECT OF PURSED LIP BREATHING EDUCATION THROUGH VIDEO MEDIA ON RESPIRATORY FREQUENCY IN BRONCHIAL ASTHMA PATIENTS

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SUMMARY

Background :*Asthma is a chronic inflammatory disease of the respiratory tract characterized by narrowing of the airways, shortness of breath, increased respiratory rate, wheezing. In Central Java, the prevalence in adults is 1.8% or around 132,565 people with bronchial asthma, the total number of chronic disease sufferers. Pharmacological and non-pharmacological treatments such as the pursed lip breathing technique can control breathing patterns and reduce respiratory frequency. However, the level of knowledge and educational media for sufferers regarding this technique is still lacking. Education through audiovisual media has proven effective in increasing sufferers' knowledge and attitudes regarding breathing exercises. Objective: To develop video media in the form of "PULITHING" (pursed lip breathing) animation in bronchial asthma. Educational audiovisual media to increase knowledge and understanding of bronchial asthma sufferers regarding the pursed lip breathing technique or breathing techniques like blowing candles Method: Educational media was developed with Canva Animation AI and CapCut to design visuals, animations, and editing to make the material easier to understand. With trial documentation on three bronchial asthma sufferers Results: The video "PULITHING" (pursed lip breathing) on bronchial asthma. Education in the form of an animated video with a duration of 3 minutes 17 seconds measuring 99.3 MB was tested on three bronchial asthma sufferers and was considered easy to understand, interesting, and helped patients in understanding and practicing breathing techniques independently. Conclusion: This animated video media can be used as an alternative practical and efficient educational method in supporting non-pharmacological therapy in bronchial asthma patients. Education through animated video media is effective in increasing patient knowledge about the pursed lip breathing technique and has an effect on reducing respiratory frequency in bronchial asthma patients.*

Keywords :*Bronchial Asthma, Breathing Rate, Pursed Lip Breathing, Video*

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