

**PENGARUH LATIHAN PERNAFASAN MERPATI PUTIH
TERHADAP FUNGSI PARU-PARU DAN KONSENTRASI
PADA REMAJA**

TESIS

Diajukan Untuk Syarat Memperoleh Gelar Magister Pendidikan
Program Studi Pendidikan Olahraga



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**PROGRAM STUDI PENDIDIKAN OLAHRAGA
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA**

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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Magister Pendidikan (M.Pd.) pada Sekolah Pasca Sarjana

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PERNYATAAN

Dengan ini saya menyatakan bahwa tesis saya dengan judul “**Pengaruh Latihan Pernafasan Merpati Putih Terhadap Fungsi Paru-Paru dan Konsentrasi Pada Remaja**” ini beserta seluruh isinya adalah benar-benar karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung risiko/sanksi apabila di kemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

Bandung, Agustus 2019

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FUNGSI PARU-PARU DAN KONSENTRASI PADA REMAJA**

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PENGARUH LATIHAN PERNAFASAN MERPATI PUTIH TERHADAP FUNGSI PARU-PARU DAN KONSENTRASI PADA REMAJA

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ABSTRAK

Aktivitas fisik yang cukup dapat mengurangi resiko kematian dini, penyakit kronis seperti penyakit kardiovaskular dan diabetes mellitus serta menurunkan resiko penyakit paru-paru kronis seperti asma atau *chronic obstructive pulmonary disease* (COPD). Tujuan penelitian ini adalah untuk melihat pengaruh latihan pernafasan terhadap fungsi paru-paru dan konsentrasi pada remaja. Metode penelitian yang digunakan dalam penelitian ini adalah Quasi Eksperimen dengan desain penelitian Non-equivalent Control Group Design. 48 remaja dipilih dengan menggunakan teknik *Purposive Sampling* yang dibagi kedalam 2 kelompok yaitu kelompok eksperimen (Latihan Pernafasan Merpati Putih) dan kelompok kontrol (Tanpa Latihan Pernafasan Merpati Putih). Kelompok eksperimen melakukan latihan selama 5 minggu dengan 3 kali latihan setiap minggu. Tes fungsi paru-paru menggunakan spirometer dihitung *Forced Vital Capacity* (FVC), *Forced Expiratory Volume in One Second* (FEV1), *Ratio FEV1/FVC*, *Peak Expiratory Flow* (PEF). Tes konsentrasi menggunakan *Concentration Grid Test*. Terjadi perbedaan signifikan ($p < 0,05$) pada kelompok eksperimen dan kelompok kontrol. Terjadi peningkatan signifikan ($p < 0,05$) pada kelompok eksperimen, saturasi oksigen ($96,05 \pm 2,09; 98,90 \pm 0,30$), konsentrasi ($6 \pm 1,35; 10 \pm 1,89$), FEV1 ($2,72 \pm 0,75; 3,19 \pm 0,92$). Latihan pernafasan Merpati Putih memiliki pengaruh positif terhadap peningkatan fungsi paru-paru dan konsentrasi pada remaja.

Keyword : Latihan Pernafasan, Latihan Pernafasan Merpati Putih, Fungsi paru-Paru, Konsentrasi, Remaja

MERPATI PUTIH BREATHING EXERCISE EFFECTS ON PULMONARY FUNCTION AND CONCENTRATION IN ADOLESCENTS

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ABSTRACT

Sufficient physical activity can reduce the risk of premature death, chronic diseases such as cardiovascular disease and diabetes mellitus, and reduce the risk of chronic lung diseases such as asthma or chronic obstructive pulmonary disease (COPD). The purpose of this study is to look at the effects of breathing exercise on pulmonary function and concentration in adolescents. The research method used in this study was Quasi Experiment with the design of Non-Equivalent Control Group Design research. 48 adolescents were chosen by using Purposive Sampling technique which was divided into 2 groups, namely the experimental group (Merpati Putih breathing exercise) and the control group (without Merpati Putih breathing exercise). The experimental group exercises for 5 weeks with 3 exercises every week. Pulmonary function test was done using spirometer calculating Forced Vital Capacity (FVC), Forced Expiratory Volume in One Second (FEV1), FEV1/FVC ratio, and Peak Expiratory Flow (PEF). Concentration Test was done using Concentration Grid Test. There was a significant difference ($p < 0.05$) in the experimental group and the control group. There was a significant increase ($p < 0.05$) in the experimental group, oxygen saturation (96.05 ± 2.09 ; 98.90 ± 0.30), concentration (6 ± 1.35 ; 10 ± 1.89), and FEV1 (2.72 ± 0.75 ; 3.19 ± 0.92). Merpati Putih breathing exercise has positive effects on improving pulmonary function and concentration in adolescents.

Keyword: Breathing Exercise, Merpati Putih Breathing Exercise, Pulmonary Function, Concentration, Adolescent

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Berbagai tantangan penulis hadapi dalam penyusunan tesis ini, syukur alhamdulillah segala tantangan yang dihadapi penulis dapat teratasi dengan baik berkat bantuan dan dukungan dari berbagai pihak. Bantuan tersebut didapat terutama dari pihak keluarga yang memberikan bantuan, baik secara moral maupun materil sehingga penulis bisa terus melangkah maju. Keinginan untuk terus maju ini didukung pula oleh pihak Prodi Pendidikan Olahraga SPS Universitas Pendidikan Indonesi yang telah mengarahkan untuk menyelesaikan tesis ini, begitu juga peranan pembimbing yang merupakan titik tolak penulis untuk berjalan terus dibawah arahan dan bimbingannya dan rekan mahasiswa yang banyak membantu baik secara langsung maupun tidak langsung dalam penyelesaian tesis ini, serta berbagai pihak yang turut memberikan andil yang cukup besar dalam penyelesaian tesis ini.

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