

ABSTRAK

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EFEKTIVITAS *ACTIVE CYCLE OF BREATHING TECHNIQUE* (ACBT) DAN NEBULIZER TERHADAP BERSIHAN JALAN NAPAS TIDAK EFEKTIF PADA ANAK DENGAN ISPA

xix + 79 Halaman + 16 Tabel + 32 Lampiran

Infeksi Saluran Pernapasan Akut (ISPA) merupakan salah satu penyebab utama gangguan pernapasan pada anak, yang sering disertai dengan masalah bersihan jalan napas tidak efektif. Tindakan *Active Cycle of Breathing Technique* (ACBT) dan nebulizer telah digunakan untuk membantu mengatasi kondisi bersihan jalan napas tidak efektif, namun efektivitas keduanya masih perlu diteliti secara lebih komprehensif.

Tujuan penelitian ini untuk mengetahui efektivitas *Active Cycle of Breathing Technique* (ACBT) dan nebulizer terhadap perbaikan kondisi bersihan jalan napas tidak efektif pada anak dengan ISPA. Menggunakan desain kuantitatif *Quasi eksperiment two group pretest-posttest*. Subjek penelitian anak usia 6–12 tahun dengan ISPA ditandai bersihan jalan napas tidak efektif. Data dikumpulkan melalui lembar observasi berdasarkan indikator mayor SDKI.

Analisis dilakukan dengan uji statistik untuk mengetahui perbedaan antara sebelum dan sesudah intervensi. Uji *willcoxon* menunjukkan antara tindakan ACBT ($p\text{ value} = 0,001$) dan nebulizer ($p\text{ value} = 0,001$) menunjukkan peningkatan efektivitas bersihan jalan napas yang sama. Uji *Mann Whitney* menunjukkan tidak terdapat perbedaan antara kedua intervensi ($p\text{ value} = 0,09$) yang menunjukkan dalam menangani masalah bersihan jalan napas tidak efektif. *Active Cycle of Breathing Technique* (ACBT) dan nebulizer terbukti efektif meningkatkan bersihan jalan napas anak dengan ISPA. Keduanya dapat digunakan sebagai intervensi untuk mengatasi bersihan jalan napas tidak efektif pada anak.

Kata kunci: ACBT, Nebulizer, Bersihan Jalan Napas Tidak Efektif, ISPA, Anak
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ABSTRACT

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THE EFFECTIVENESS OF ACTIVE CYCLE OF BREATHING TECHNIQUE (ACBT) AND NEBULIZER ON INEFFECTIVE AIRWAY CLEARANCE IN CHILDREN WITH ACUTE RESPIRATORY INFECTION (ARI)

xix + 79 Pages + 16 Tables + 32 Appendices

Acute Respiratory Infection (ARI) is one of the leading causes of respiratory problems in children and is often accompanied by ineffective airway clearance. Active Cycle of Breathing Technique (ACBT) and nebulizer therapy have been used to help improve airway clearance, but the effectiveness of these two interventions requires more comprehensive investigation.

This study aims to determine the effectiveness of Active Cycle of Breathing Technique (ACBT) and nebulizer therapy in improving ineffective airway clearance in children with ARI. A quantitative quasi-experimental two-group pretest–posttest design was used. The research subjects were children aged 6–12 years diagnosed with ARI accompanied by signs of ineffective airway clearance. Data were collected using an observation sheet based on the major indicators of the Indonesian Nursing Diagnosis Standard (SDKI).

Data were analyzed using statistical tests to assess the differences before and after the interventions. The Wilcoxon test showed that both ACBT (p -value = 0.001) and nebulizer therapy (p -value = 0.001) significantly improved airway clearance. The Mann–Whitney test revealed no significant difference between the two interventions (p -value = 0.09), indicating that both were equally effective in addressing ineffective airway clearance. Therefore, ACBT and nebulizer therapy are proven to be effective interventions to enhance airway clearance in children with ARI and can be considered as therapeutic options.

Keywords: ACBT, Nebulizer, Ineffective Airway Clearance, ARI, Children
References: 20 Books (2016–2025)