

## ABSTRAK

Perilaku merokok merupakan salah satu penyebab masalah kesehatan masyarakat karena dapat menimbulkan berbagai penyakit bahkan kematian. Salah satu dampak dari aktivitas merokok terhadap kesehatan yaitu dapat menyebabkan gangguan pernapasan yang berpengaruh pada penurunan sangkar toraks sehingga aktivitas menjadi terganggu. Tujuan penelitian ini yaitu untuk mengetahui pengaruh pemberian latihan kombinasi *pursed lip breathing* dan *maximal inspiratory exercise* terhadap pengembangan sangkar toraks pada perokok konvensional aktif. Metode yang digunakan yaitu *One groups pre-test and post-test design*. Hasil analisis data penelitian pada uji normalitas yang menggunakan Uji *Shapiro Wilk Test* pada kelompok kombinasi *pursed lip breathing* dan *maximal inspiratory exercise*, untuk hasil *pre-test* sebesar 0,144 dan *post-test* sebesar 0,482 sehingga dapat disimpulkan bahwa data berdistribusi normal. Uji Hipotesis menggunakan uji *paired sample t-test* dengan hasil sig sebesar 0,000 yang berarti  $p < 0,05$  sehingga terdapat peningkatan yang signifikan pada kelompok sampel setelah diberikan latihan kombinasi *pursed lip breathing* dan *maximal inspiratory exercise*. Berdasarkan hasil penelitian dan pembahasan yang telah dilakukan, kesimpulan yang dapat diambil yaitu terdapat peningkatan pada pengembangan sangkar toraks setelah diberikannya latihan pernapasan berupa kombinasi *pursed lip breathing* dan *maximal inspiratory exercise* terhadap perokok konvensional aktif.

**Kata Kunci :** Pengembangan sangkar toraks, Perokok konvensional aktif, Latihan kombinasi *Pursed lip breathing* dan *Maximal inspiratory exercise*.

## **ABSTRACT**

*Smoking behavior is one of the causes of public health problems because it can lead to various diseases and even death. One of the impacts of smoking on health is respiratory disorders that affect the decrease in the thoracic cage, leading to disrupted activities. The purpose of this study was to determine the effect of combined training of pursed lip breathing and maximal inspiratory exercise on the development of the thoracic cage in active conventional smokers. The method used was the One groups pre-test and post-test design. The results of the research data analysis using the Shapiro-Wilk Test for normality in the group that received combined training of pursed lip breathing and maximal inspiratory exercise showed that the pre-test result was 0.144, and the post-test result was 0.482, indicating that the data is normally distributed. The Hypothesis Test was conducted using a paired sample t-test with a significance level of 0.000, which means  $p < 0.05$ , indicating a significant improvement in the sample group after receiving combined training of pursed lip breathing and maximal inspiratory exercise. Based on the results of the research and discussions conducted, the conclusion drawn is that there is an improvement in the development of the thoracic cage after providing respiratory training in the form of a combination of pursed lip breathing and maximal inspiratory exercise to active conventional smokers.*

**Keywords :** *Thoracic expansion , active conventional smokers, and combination Pursed lip breathing dan Maximal inspiratory exercise breathing exercises.*