ABSTRAK

PENGARUH LATIHAN MENYANYI TERHADAP FUNGSI FAAL PARU LAKI LAKI DEWASA MUDA

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Latar Belakang
Menyanyi adalah kegiatan mengeluarkan suara bernada yang sangat populer dilakukan banyak orang. Beberapa studi menunjukkan bahwa pengaruh latihan menyanyi adalah fungsi faal paru lebih baik, oleh karena sistem pernapasan yang baik akan berpengaruh pada quality of life seseorang. Manusia memerlukan fungsi faal paru yang baik, untuk dapat menunjang kualitas hidupnya.

Tujuan Penelitian
untuk mengetahui pengaruh latihan menyanyi terhadap fungsi faal paru (FVC, FEV1, FEV1/FVC) laki-laki dewasa muda.

Metode Penelitian
desain penelitian cross sectional dengan consecutive sampling. Enam puluh delapan laki-laki berusia 18-25 tahun dibagi menjadi 2 kelompok (n = 34) anggota paduan suara dan kontrol. Data yang diukur adalah fungsi faal paru FVC, FEV1 dan FEV1/FVC. Analisis data uji Mann-Whitney dengan nilai α = 0.05.

Hasil Penelitian
Rerata nilai fungsi faal paru kelompok anggota paduan suara dibandingkan kelompok kontrol adalah FVC nilai p = 0.745; FEV1 nilai p = 0.377 dan FEV1/FVC nilai p = 0.859.

Simpulan Penelitian
bahwa latihan menyanyi tidak meningkatkan fungsi faal paru (FVC, FEV1, dan FEV1/FVC) laki-laki dewasa muda.

Kata Kunci : Menyanyi, Paduan Suara, Kontrol, Fungsi Faal Paru,
ABSTRACT

EFFECT OF SINGING PRACTICE ON LUNG FUNCTION IN YOUNG MALE

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Background: Singing is an activity that produce pitch sound and are very popular in societies. Several studies shows that singing exercise has an impact on better lung function. Because a good lung function has an effect on someone’s quality of life. Human need a healthy lung function to support his quality of life.

Objectives: To find the effect of singing practice on the lung function (FVC, FEV1, FEV1/FVC) in young male.

Methods: Using cross sectional experimental design with consecutive sampling collection on 68 males age 18-25 years divided into 2 groups (n = 34) of choir members and control group. The data measured was lung function FVC, FEV1 and FEV1/FVC. Data analysis was using Mann-Whitney analytic test with α = 0.05.

Results: The means of choir group lung function compared to control group FVC p value = 0.745; FEV1 p value = 0.377 and FEV1/FVC p value = 0.859.

Conclusions: Singing practice did not increase lung function (FVC, FEV1 and FEV1/FVC in young male).

Keywords: Singing, Choir, Non-Choir, Lung Function,
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