

LAMPIRAN



**DINAS KESEHATAN PROVINSI JAWA TENGAH
BALAI KESEHATAN PARU MASYARAKAT (BKPM)
WILAYAH KLATEN**

Jln. Brantas No.1 Tegalyoso, Telp. (0272) 321158 Facs 325625 Kotak Pos 132 Klaten 57421
website : www. bp4klaten.com email : paru@bp4klaten.com

KETERANGAN PELAKSANAAN PENELITIAN
No. ...*423.171*.....

ngan ini menerangkan bahwa :

Nama : WAHYU SURYASAPUTRA
NIM : 20050310140
Judul KTI : Pengaruh Senam Asma Terhadap Kekambuhan Asma pada Orang Dewasa.

hwa yang bersangkutan telah melakukan penelitian untuk judul Karya Tulis Ilmiah (TI) tersebut di atas, pada Club Senam Nafas Segar / Senam Asma di BKPM Wilayah Klaten.

mikian keterangan ini dibuat untuk dapat dipergunakan sebagaimana mestinya.

Dikeluarkan di : KLATEN
Tanggal : 12 - 2 - 2009

a.n. **Kepala BKPM Wilayah Klaten,**
Ka. Sic. Promosi, Pencegahan dan Rehabilitasi,



Sapto Yunarto, SKM
 NIP. 140 343 537

```

CROSSTABS
/TABLES=lamasn BY kekambuhan
/FORMAT= AVALUE TABLES
/STATISTIC=CHISQ RISK
/CELLS= COUNT ROW
/COUNT ROUND CELL
/METHOD=MC CIN(95) SAMPLES(30) .

```

Crosstabs

[DataSet1] E:\tibol\KTI nih\wahyubr.sav

Case Processing Summary

| | Cases | |
|---------------------------------|-------|---------|
| | Valid | |
| | N | Percent |
| lama senam * kekambuhan asma | 30 | 100,0% |

Case Processing Summary

| | Cases | | | |
|---------------------------------|---------|---------|-------|---------|
| | Missing | | Total | |
| | N | Percent | N | Percent |
| lama senam * kekambuhan asma | 0 | ,0% | 30 | 100,0% |

lama senam * kekambuhan asma Crosstabulation

| | | | kekambuhan asma | |
|------------|-----------|---------------------|-----------------|-------|
| | | | ya | tidak |
| lama senam | <6 minggu | Count | 5 | 0 |
| | | % within lama senam | 100,0% | ,0% |
| | >6 minggu | Count | 14 | 11 |
| | | % within lama senam | 56,0% | 44,0% |
| Total | | Count | 19 | 11 |
| | | % within lama senam | 63,3% | 36,7% |

lama senam * kekambuhan asma Crosstabulation

| | | | Total |
|------------|---------------------|---------------------|--------|
| lama senam | <6 minggu | Count | 5 |
| | | % within lama senam | 100,0% |
| | >6 minggu | Count | 25 |
| | | % within lama senam | 100,0% |
| Total | Count | | 30 |
| | % within lama senam | | 100,0% |

Chi-Square Tests^d

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) |
|------------------------------------|--------------------|----|-----------------------|----------------------|
| Pearson Chi-Square | 3,474 ^b | 1 | ,062 | ,129 |
| Continuity Correction ^a | 1,837 | 1 | ,175 | |
| Likelihood Ratio | 5,133 | 1 | ,023 | ,085 |
| Fisher's Exact Test | | | | ,129 |
| Linear-by-Linear Association | 3,358 ^c | 1 | ,067 | ,129 |
| N of Valid Cases | 30 | | | |

Chi-Square Tests^d

| | Exact Sig. (1-sided) | Point Probability |
|------------------------------------|----------------------|-------------------|
| Pearson Chi-Square | ,082 | |
| Continuity Correction ^a | | |
| Likelihood Ratio | ,082 | |
| Fisher's Exact Test | ,082 | |
| Linear-by-Linear Association | ,082 | ,082 |
| N of Valid Cases | | |

a. Computed only for a 2x2 table

b. 2 cells (50,0%) have expected count less than 5. The minimum expected count is 1,83.

c. The standardized statistic is 1,832.

d. For 2x2 crosstabulation, exact results are provided instead of Monte Carlo results.

Risk Estimate

| | Value | 95% Confidence Interval | |
|---------------------------------|-------|-------------------------|-------|
| | | Lower | Upper |
| For cohort kekambuhan asma = ya | 1,786 | 1,262 | 2,528 |
| N of Valid Cases | 30 | | |

CROSSTABS

```

/TABLES=lamasn BY derajat
/FORMAT= AVALUE TABLES
/STATISTIC=CHISQ RISK
/CELLS= COUNT ROW
/COUNT ROUND CELL
/METHOD=MC CIN(95) SAMPLES(30).
    
```

Crosstabs

[DataSet1] E:\tibol\KTI nih\wahyubr.sav

Case Processing Summary

| | Cases | |
|---------------------------------|-------|---------|
| | Valid | |
| | N | Percent |
| lama senam * derajat kekambuhan | 30 | 100,0% |

Case Processing Summary

| | Cases | | | |
|---------------------------------|---------|---------|-------|---------|
| | Missing | | Total | |
| | N | Percent | N | Percent |
| lama senam * derajat kekambuhan | 0 | ,0% | 30 | 100,0% |

lama senam * derajat kekambuhan Crosstabulation

| | | | derajat kekambuhan | |
|------------|-----------|---------------------|--------------------|--------|
| | | | berat | ringan |
| lama senam | <6 minggu | Count | 3 | 2 |
| | | % within lama senam | 60,0% | 40,0% |
| | >6 minggu | Count | 4 | 21 |
| | | % within lama senam | 16,0% | 84,0% |
| Total | | Count | 7 | 23 |
| | | % within lama senam | 23,3% | 76,7% |

lama senam * derajat kekambuhan Crosstabulation

| | | | Total |
|------------|-----------|---------------------|--------|
| lama senam | <6 minggu | Count | 5 |
| | | % within lama senam | 100,0% |
| | >6 minggu | Count | 25 |
| | | % within lama senam | 100,0% |
| Total | | Count | 30 |
| | | % within lama senam | 100,0% |

Chi-Square Tests^d

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) |
|------------------------------------|--------------------|----|-----------------------|----------------------|
| Pearson Chi-Square | 4,509 ^b | 1 | ,034 | ,068 |
| Continuity Correction ^a | 2,385 | 1 | ,122 | |
| Likelihood Ratio | 3,883 | 1 | ,049 | ,068 |
| Fisher's Exact Test | | | | ,068 |
| Linear-by-Linear Association | 4,359 ^c | 1 | ,037 | ,068 |
| N of Valid Cases | 30 | | | |

Chi-Square Tests^d

| | Exact Sig. (1-sided) | Point Probability |
|------------------------------------|----------------------|-------------------|
| Pearson Chi-Square | ,068 | |
| Continuity Correction ^a | | |
| Likelihood Ratio | ,068 | |
| Fisher's Exact Test | ,068 | |
| Linear-by-Linear Association | ,068 | ,062 |
| N of Valid Cases | | |

a. Computed only for a 2x2 table

b. 2 cells (50,0%) have expected count less than 5. The minimum expected count is 1,17.

c. The standardized statistic is 2,088.

d. For 2x2 crosstabulation, exact results are provided instead of Monte Carlo results.

Risk Estimate

| | Value | 95% Confidence Interval | |
|---|-------|-------------------------|--------|
| | | Lower | Upper |
| Odds Ratio for lama senam (<6 minggu / >6 minggu) | 7,875 | ,980 | 63,310 |
| For cohort derajat kekambuhan = berat | 3,750 | 1,189 | 11,825 |
| For cohort derajat kekambuhan = ringan | ,476 | ,161 | 1,412 |
| N of Valid Cases | 30 | | |

```

CROSSTABS
  /TABLES=lamasn BY frekuensikk
  /FORMAT= AVALUE TABLES
  /STATISTIC=CHISQ RISK
  /CELLS= COUNT ROW
  /COUNT ROUND CELL
  /METHOD=MC CIN(95) SAMPLES(30).
  
```

Crosstabs

[DataSet1] E:\tibol\KTI nih\wahyubr.sav

Case Processing Summary

| | Cases | |
|-------------------------------|-------|---------|
| | Valid | |
| | N | Percent |
| lama senam * frekuensi kambuh | 30 | 100,0% |

Case Processing Summary

| | Cases | | | |
|-------------------------------|---------|---------|-------|---------|
| | Missing | | Total | |
| | N | Percent | N | Percent |
| lama senam * frekuensi kambuh | 0 | ,0% | 30 | 100,0% |

lama senam * frekuensi kambuh Crosstabulation

| | | | frekuensi kambuh | |
|------------|-----------|---------------------|------------------|--------|
| | | | sering | jarang |
| lama senam | <6 minggu | Count | 4 | 1 |
| | | % within lama senam | 80,0% | 20,0% |
| | >6 minggu | Count | 4 | 21 |
| | | % within lama senam | 16,0% | 84,0% |
| Total | | Count | 8 | 22 |
| | | % within lama senam | 26,7% | 73,3% |

lama senam * frekuensi kambuh Crosstabulation

| | | | Total |
|------------|-----------|---------------------|--------|
| lama senam | <6 minggu | Count | 5 |
| | | % within lama senam | 100,0% |
| | >6 minggu | Count | 25 |
| | | % within lama senam | 100,0% |
| Total | | Count | 30 |
| | | % within lama senam | 100,0% |

Chi-Square Tests^d

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) |
|------------------------------------|--------------------|----|-----------------------|----------------------|
| Pearson Chi-Square | 8,727 ^b | 1 | ,003 | ,011 |
| Continuity Correction ^a | 5,761 | 1 | ,016 | |
| Likelihood Ratio | 7,807 | 1 | ,005 | ,011 |
| Fisher's Exact Test | | | | ,011 |
| Linear-by-Linear Association | 8,436 ^c | 1 | ,004 | ,011 |
| N of Valid Cases | 30 | | | |

Chi-Square Tests^d

| | Exact Sig. (1-sided) | Point Probability |
|------------------------------------|----------------------|-------------------|
| Pearson Chi-Square | ,011 | |
| Continuity Correction ^a | | |
| Likelihood Ratio | ,011 | |
| Fisher's Exact Test | ,011 | |
| Linear-by-Linear Association | ,011 | ,011 |
| N of Valid Cases | | |

a. Computed only for a 2x2 table

b. 2 cells (50,0%) have expected count less than 5. The minimum expected count is 1,33.

c. The standardized statistic is 2,905.

d. For 2x2 crosstabulation, exact results are provided instead of Monte Carlo results.

Risk Estimate

| | Value | 95% Confidence Interval | |
|---|--------|-------------------------|---------|
| | | Lower | Upper |
| Odds Ratio for lama senam (<6 minggu / >6 minggu) | 21,000 | 1,834 | 240,515 |
| For cohort frekuensi kambuh = sering | 5,000 | 1,841 | 13,583 |
| For cohort frekuensi kambuh = jarang | ,238 | ,041 | 1,386 |
| N of Valid Cases | 30 | | |

```

CROSSTABS
  /TABLES=frekuensin BY kekambuhan
  /FORMAT=AVALUE TABLES
  /STATISTIC=CHISQ RISK
  /CELLS= COUNT ROW
  /COUNT ROUND CELL
  /METHOD=MC CIN(95) SAMPLES(30).
  
```

Crosstabs

[DataSet1] E:\tibol\KTI nih\wahyubr.sav

Case Processing Summary

| | Cases | |
|-----------------------------------|-------|---------|
| | Valid | |
| | N | Percent |
| frekuensi senam * kekambuhan asma | 30 | 100,0% |

Case Processing Summary

| | Cases | | | |
|-----------------------------------|---------|---------|-------|---------|
| | Missing | | Total | |
| | N | Percent | N | Percent |
| frekuensi senam * kekambuhan asma | 0 | ,0% | 30 | 100,0% |

frekuensi senam * kekambuhan asma Crosstabulation

| | | | kekambuhan asma | |
|-----------------|--------------------------|--------------------------|-----------------|-------|
| | | | ya | tidak |
| frekuensi senam | tidak | Count | 7 | 3 |
| | | % within frekuensi senam | 70,0% | 30,0% |
| | rutin | Count | 12 | 8 |
| | | % within frekuensi senam | 60,0% | 40,0% |
| Total | Count | | 19 | 11 |
| | % within frekuensi senam | | 63,3% | 36,7% |

frekuensi senam * kekambuhan asma Crosstabulation

| | | | Total |
|-----------------|-------|--------------------------|--------|
| frekuensi senam | tidak | Count | 10 |
| | | % within frekuensi senam | 100,0% |
| | rutin | Count | 20 |
| | | % within frekuensi senam | 100,0% |
| Total | | Count | 30 |
| | | % within frekuensi senam | 100,0% |

Chi-Square Tests^d

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) |
|------------------------------------|-------------------|----|-----------------------|----------------------|
| Pearson Chi-Square | ,287 ^b | 1 | ,592 | ,702 |
| Continuity Correction ^a | ,018 | 1 | ,893 | ,702 |
| Likelihood Ratio | ,292 | 1 | ,589 | ,702 |
| Fisher's Exact Test | | | | ,702 |
| Linear-by-Linear Association | ,278 ^c | 1 | ,598 | ,702 |
| N of Valid Cases | 30 | | | |

Chi-Square Tests^d

| | Exact Sig. (1-sided) | Point Probability |
|------------------------------------|----------------------|-------------------|
| Pearson Chi-Square | ,452 | |
| Continuity Correction ^a | | |
| Likelihood Ratio | ,452 | |
| Fisher's Exact Test | ,452 | |
| Linear-by-Linear Association | ,452 | ,277 |
| N of Valid Cases | | |

a. Computed only for a 2x2 table

b. 1 cells (25,0%) have expected count less than 5. The minimum expected count is 3,67.

c. The standardized statistic is ,527.

d. For 2x2 crosstabulation, exact results are provided instead of Monte Carlo results.

Risk Estimate

| | Value | 95% Confidence Interval | |
|--|-------|-------------------------|-------|
| | | Lower | Upper |
| Odds Ratio for frekuensi senam (tidak / rutin) | 1,556 | ,307 | 7,873 |
| For cohort kekambuhan asma = ya | 1,167 | ,679 | 2,004 |
| For cohort kekambuhan asma = tidak | ,750 | ,253 | 2,227 |
| N of Valid Cases | 30 | | |

CROSSTABS

```

/TABLES=frekuensin BY derajat
/FORMAT= AVALUE TABLES
/STATISTIC=CHISQ RISK
/CELLS= COUNT ROW
/COUNT ROUND CELL
/METHOD=MC CIN(95) SAMPLES(30).
  
```

Crosstabs

[DataSet1] E:\tibal\KTI nih\wahyubr.sav

Case Processing Summary

| | Cases | |
|---|-------|---------|
| | Valid | |
| | N | Percent |
| frekuensi senam * derajat kekambuhan | 30 | 100,0% |

Case Processing Summary

| | Cases | | | |
|---|---------|---------|-------|---------|
| | Missing | | Total | |
| | N | Percent | N | Percent |
| frekuensi senam * derajat kekambuhan | 0 | ,0% | 30 | 100,0% |

frekuensi senam * derajat kekambuhan Crosstabulation

| | | | derajat kekambuhan | |
|-----------------|-------|--------------------------|--------------------|--------|
| | | | berat | ringan |
| frekuensi senam | tidak | Count | 5 | 5 |
| | | % within frekuensi senam | 50,0% | 50,0% |
| | rutin | Count | 2 | 18 |
| | | % within frekuensi senam | 10,0% | 90,0% |
| Total | | Count | 7 | 23 |
| | | % within frekuensi senam | 23,3% | 76,7% |

frekuensi senam * derajat kekambuhan Crosstabulation

| | | | Total |
|-----------------|--------------------------|--------------------------|--------|
| frekuensi senam | tidak | Count | 10 |
| | | % within frekuensi senam | 100,0% |
| | rutin | Count | 20 |
| | | % within frekuensi senam | 100,0% |
| Total | Count | | 30 |
| | % within frekuensi senam | | 100,0% |

Chi-Square Tests^d

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) |
|------------------------------------|--------------------|----|-----------------------|----------------------|
| Pearson Chi-Square | 5,963 ^b | 1 | ,015 | ,026 |
| Continuity Correction ^a | 3,936 | 1 | ,047 | |
| Likelihood Ratio | 5,730 | 1 | ,017 | ,064 |
| Fisher's Exact Test | | | | ,026 |
| Linear-by-Linear Association | 5,764 ^c | 1 | ,016 | ,026 |
| N of Valid Cases | 30 | | | |

Chi-Square Tests^d

| | Exact Sig. (1-sided) | Point Probability |
|------------------------------------|----------------------|-------------------|
| Pearson Chi-Square | ,026 | |
| Continuity Correction ^a | | |
| Likelihood Ratio | ,026 | |
| Fisher's Exact Test | ,026 | |
| Linear-by-Linear Association | ,026 | ,024 |
| N of Valid Cases | | |

a. Computed only for a 2x2 table

b. 2 cells (50,0%) have expected count less than 5. The minimum expected count is 2,33.

c. The standardized statistic is 2,401.

d. For 2x2 crosstabulation, exact results are provided instead of Monte Carlo results.

Risk Estimate

| | Value | 95% Confidence Interval | |
|--|-------|-------------------------|--------|
| | | Lower | Upper |
| Odds Ratio for frekuensi senam (tidak / rutin) | 9,000 | 1,325 | 61,138 |
| For cohort derajat kekambuhan = berat | 5,000 | 1,169 | 21,391 |
| For cohort derajat kekambuhan = ringan | ,556 | ,294 | 1,050 |
| N of Valid Cases | 30 | | |

CROSSTABS

```

/TABLES=frekuensin BY frekuensikk
/FORMAT= AVALUE TABLES
/STATISTIC=CHISQ RISK
/CELLS= COUNT ROW
/COUNT ROUND CELL
/METHOD=MC CIN(95) SAMPLES(30).

```

Crosstabs

[DataSet1] E:\tibol\KTI nih\wahyubr.sav

Case Processing Summary

| | Cases | |
|---------------------------------------|-------|---------|
| | Valid | |
| | N | Percent |
| frekuensi senam * frekuensi kambuh | 30 | 100,0% |

Case Processing Summary

| | Cases | | | |
|---------------------------------------|---------|---------|-------|---------|
| | Missing | | Total | |
| | N | Percent | N | Percent |
| frekuensi senam * frekuensi kambuh | 0 | ,0% | 30 | 100,0% |

frekuensi senam * frekuensi kambuh Crosstabulation

| | | | frekuensi kambuh | |
|-----------------|-------|--------------------------|------------------|--------|
| | | | sering | jarang |
| frekuensi senam | tidak | Count | 5 | 5 |
| | | % within frekuensi senam | 50,0% | 50,0% |
| | rutin | Count | 3 | 17 |
| | | % within frekuensi senam | 15,0% | 85,0% |
| Total | | Count | 8 | 22 |
| | | % within frekuensi senam | 26,7% | 73,3% |

frekuensi senam * frekuensi kambuh Crosstabulation

| | | | Total |
|-----------------|-------|--------------------------|--------|
| frekuensi senam | tidak | Count | 10 |
| | | % within frekuensi senam | 100,0% |
| | rutin | Count | 20 |
| | | % within frekuensi senam | 100,0% |
| Total | | Count | 30 |
| | | % within frekuensi senam | 100,0% |

Chi-Square Tests^d

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) |
|------------------------------------|--------------------|----|-----------------------|----------------------|
| Pearson Chi-Square | 4,176 ^b | 1 | ,041 | ,078 |
| Continuity Correction ^a | 2,578 | 1 | ,108 | |
| Likelihood Ratio | 4,024 | 1 | ,045 | ,078 |
| Fisher's Exact Test | | | | ,078 |
| Linear-by-Linear Association | 4,037 ^c | 1 | ,045 | ,078 |
| N of Valid Cases | 30 | | | |

Chi-Square Tests^d

| | Exact Sig. (1-sided) | Point Probability |
|------------------------------------|----------------------|-------------------|
| Pearson Chi-Square | ,056 | |
| Continuity Correction ^a | | |
| Likelihood Ratio | ,056 | |
| Fisher's Exact Test | ,056 | |
| Linear-by-Linear Association | ,056 | ,049 |
| N of Valid Cases | | |

a. Computed only for a 2x2 table

b. 1 cells (25,0%) have expected count less than 5. The minimum expected count is 2,67.

c. The standardized statistic is 2,009.

d. For 2x2 crosstabulation, exact results are provided instead of Monte Carlo results.

Risk Estimate

| | Value | 95% Confidence Interval | |
|--|-------|-------------------------|--------|
| | | Lower | Upper |
| Odds Ratio for frekuensi senam (tidak / rutin) | 5,667 | ,990 | 32,428 |
| For cohort frekuensi kambuh = sering | 3,333 | ,991 | 11,217 |
| For cohort frekuensi kambuh = jarang | ,588 | ,308 | 1,123 |
| N of Valid Cases | 30 | | |

PERMINTAAN MENJADI RESPONDEN PENELITIAN

Yth. Responden

Sebelumnya perkenalkan diri saya

Nama : Wahyu Suryasaputra

NIM : 20050310140

Institusi Pendidikan : Universitas Muhammadiyah Yogyakarta (UMY)

Alamat Institusi : Jl. Lingkar Selatan, Tamantirto, Kasihan, Bantul, DIY

Yang hormat,

Pada saat ini saya sedang mengadakan penelitian guna memenuhi salah satu syarat untuk menyelesaikan program pendidikan. Adapun penelitian saya mengenai **“Pengaruh Senam terhadap Kejadian Kekambuhan Asma pada Orang Dewasa di BKPM Klaten”**.

Untuk itu saya mohon kesediaan anda untuk mengisi kuesioner ini sesuai dengan pendapat dan keadaan anda saat ini. Jawaban yang anda berikan akan saya jaga kerahasiaannya tidak akan saya sebarluaskan diluar kepentingan penelitian.

Sebagai tanda terima kasih, atas kerjasamanya saya ucapkan terima kasih.

Yogyakarta, 7 Januari 2009
Peneliti,

WAHYU SURYASAPUTRA
NIM. 20050320122

INFORMED CONSENT

ngan hormat,

samaan dengan ini saya

ma :

nur :

amat :

rsedia dengan sukarela untuk menjadi responden pada penelitian yang dilakukan oleh:

ma : Wahyu Suryasaputra

ndidikan : Pendidikan Dokter Fakultas Kedokteran Universitas Muhammadiyah
Yogyakarta

dul Penelitian : Pengaruh Senam Asma terhadap Kejadian Kekambuhan Asma pada
Orang Dewasa di BKPM Klaten

ya harap jawaban yang saya berikan dijaga kerahasiaannya. Demikian surat pernyataan ini
ya buat dengan sejujur-jujurnya tanpa paksaan dari pihak manapun.

Klaten, Januari 2009

Responden,

()

KUESIONER PENELITIAN

Identitas Responden

Tanggal Penelitian :

Nama :

Umur :

Pendidikan Terakhir:

Pekerjaan :

Petunjuk Pengisian

1. Bacalah soal yang tersedia dan pilihlah salah satu jawaban yang menurut anda paling sesuai dengan keadaan anda, berikan tanda silang (X) pada alternatif jawaban yang tersedia.
2. Jawaban yang anda pilih adalah berdasarkan pendapat anda sendiri.
3. Jika ada pertanyaan yang kurang jelas, anda dapat menanyakannya langsung kepada peneliti.

Apakah anda melakukan senam asma?

- A. YA
- B. TIDAK

Jika jawaban nomor 1 "YA", Sudah berapa lama/sejak kapan anda melakukan senam asma?

- A. Kurang dari 6 minggu (kurang dari 1½ bulan)
- B. 6 minggu atau lebih (1½ bulan atau lebih)

Apakah anda rutin melakukan asma setiap minggunya?

- A. YA
- B. TIDAK

Berapa kali dalam seminggu anda melakukan senam asma?

- A. 1-2 kali
- B. 3-4 kali

Berapa lamakah durasi senam asma tiap kali anda melakukan senam asma?

- A. Kurang dari 15 menit
- B. 15-30 menit

Apakah anda melakukan aktivitas olah raga lain selain senam asma?

- A. YA
- B. TIDAK

Jika "YA", sebutkan:

Sejak kapan anda menderita asma?

- A. Lebih dari 3 tahun
- B. Kurang dari 3 tahun

Apakah anda rutin mengonsumsi senam obat asma?

- A. YA
- B. TIDAK

Obat jenis apa yang biasanya anda gunakan?

- A. Obat yang diminum/ditelan
- B. Obat yang dihirup

Apakah anda masih mengalami serangan asma setelah anda mengikuti program senam asma?

- A. YA
- B. TIDAK

Apakah terjadi perubahan frekuensi serangan asma antara sebelum dan setelah anda mengikuti program senam asma?

- A. YA
- B. TIDAK

Seberapa sering anda mengalami serangan asma SEBELUM anda mengikuti program senam asma?

- A. Kurang dari 1 kali seminggu
- B. Satu kali seminggu
- C. Dua kali seminggu
- D. Lebih dari 2 kali seminggu

Berapa kali anda mengalami serangan asma SETELAH anda mengikuti program senam asma?

- A. Kurang dari 1 kali seminggu
- B. Satu kali seminggu
- C. Dua kali seminggu
- D. Lebih dari 2 kali seminggu

Setelah anda mengikuti program senam asma, apakah serangan asma yang anda alami menjadi semakin JARANG dibandingkan dengan sebelum mengikuti program senam asma?

- A. YA
- B. TIDAK

Apakah anda menderita penyakit jantung?

- A. YA
- B. TIDAK

Apakah anda menderita penyakit paru selain asma?

- A. YA
- B. TIDAK