

**GAMBARA ARUS PUNCAK EKSPIRASI (APE) PADA PEROKOK
BERAT DI DESA PARIGI KABUPATEN PANGANDARAN TAHUN 2020¹**

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ABSTRAK

Kebiasaan merokok menyebabkan perubahan struktur fungsi saluran pernapasan dan jaringan paru, sehingga akan mempercepat penurunan fungsi faal paru. Salah satu cara untuk mengetahui fungsi faal paru adalah melalui pemeriksaan Arus Puncak Ekspirasi (APE). Tujuan penelitian ini untuk mengetahui Gambaran Arus Puncak Ekspirasi (APE) pada Perokok Berat di Desa Parigi Kabupaten Pangandaran. Metode penelitian ini adalah deskriptif, Sampel penelitian ini adalah 30 orang perokok berat di Desa Parigi Kabupaten Pangandaran. Setiap subjek di ukur nilai APE-nya dengan alat *Peak Flow Meter*. Hasil penelitian didapatkan bahwa usia pada perokok berat di Desa Parigi Kabupaten Pangandaran frekuensi tertinggi yaitu berkategori 20-25 tahun sebanyak 21 orang (70%), tinggi badan frekuensi tertinggi yaitu berkategori 160-170 cm sebanyak 18 orang (60%), dan frekuensi tertinggi pada Arus Puncak Ekspirasi (APE) pada Perokok Berat di Desa Parigi Kabupaten Pangandaran pada zona hijau sebanyak 14 orang (70%).

Kata Kunci : perokok berat, Arus Puncak Ekspirasi (APE), Peak Flow Meter

**OVERVIEW OF THE PEAK EXPIRATORY FLOW (APE) IN HEAVY
SMOKERS IN THE VILLAGE OF PARIGI DISTRICTS**

PANGANDARAN 2020¹

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ABSTRACT

Smoking habits cause changes in the structure of respiratory tract function and lung tissue, so that it will accelerate the decline in lung function. one way to determine the function of pulmonary physiology is through the examination of Peak Expiracy Flow (APE). The purpose of this study was to determine the description of Peak Flow of Expiration (APE) in heavy smokers in Parigi Village Districts Pangandaran. This research method is descriptive, the research sample is 30 heavy smokers in Parigi Village Districts Pangandaran. Each subject was measured by the APE value using a peak flow meter. The results showed that the age of heavy smokers in Parigi village district pangandaran. The highest frequency is categorized 20-25 years as many as 21 people (70%), the highest frequency body is categorized 160-170 cm as many as 18 people (60%), and the highest frequency is at the peak of expiratory flow (APE) in heavy smokers in the Parigi Village Districts Pangandaran in the green zone as many as 14 people (70%).

KEYWORDS : heavy smokers, Peak Flow of Expiration (APE), Peak Flow Meter