ABSTRACT

Background: Smoking cigarettes directly or passively which progressively impairs the lung functions is a leading risk factor for early death of functional impairment /disability worldwide. There are several modalities available for objective evaluation of functional exercise capacity or endurance test. The objective of this research was found out the effectiveness of the ballon blowing exercise associated with 6MWT in university students.

Methodology: A Observational study in which 30 individual university students (male & female) which age group between 18-25 years, were included according to inclusion and exclusion criteria. Pre-test and post-test were taken using 6MWT and Ballon Blowing method after intervention is provided. Ask all participants to understanding all details about the test.

Results: This study concludes that there was a significant increase in the peak expiratory flow rate (lung capacity) through ballon blowing method and also increase the 6MWT total distance in university student.

Conclusion: This study concludes that there was a significant increase in peak expiratory flow rate (lungs capacity) after the application of ballon blowing exercise associated with 6MWT in university student.

Keywords - ***6MWT, Peak Expiratory Flow Rate, Ballon Blowing, Lung Capacity.***

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