

## ABSTRAK

**PENGEMBANGAN *HEALTH COACHING* BERBASIS  
*HEALTH PROMOTION MODEL* UNTUK MENINGKATKAN  
KOGNITIF, KOMITMEN DAN PERILAKU KESEHATAN GIGI  
SISWA SEKOLAH DASAR DI DAERAH PESISIR**

**Ach. Arfan Adinata**

**Latar belakang:** Kesehatan gigi dan mulut merupakan bagian integral dari kesehatan tubuh secara keseluruhan dan paling umum terjadi pada anak-anak sekolah. **Objektif:** Penelitian ini bertujuan untuk mengembangkan *Health Coaching* berbasis *Health Promotion Model* untuk meningkatkan Kognitif, Komitmen dan Perilaku Kesehatan Gigi Siswa Sekolah Dasar di Daerah Pesisir. **Metode:** Desain penelitian tahap satu yaitu *explorative survey* dengan rancangan *cross-sectional*. Sampel sebanyak 150 siswa sekolah dasar di Kecamatan Kwanyar, Bangkalan yang berda didaerah pesisir. Desain penelitian tahap dua yaitu *quasy eksperiment*. Sampel sebanyak 60 siswa. Variabel independen dalam penelitian ini adalah *Health Coaching* berbasis *Health Promotion Model* kesehatan gigi siswa. Variable dependen dalam penelitian ini adalah kognitif, komitmen dan perilaku kesehatan gigi. **Hasil dan Kebaruan:** Terdapat pengaruh *Health Coaching* berbasis *Health Promotion Model* terhadap peningkatan kognitif, komitmen dan perilaku siswa sekolah dasar di daaerah pesisir ( $p=0,000$ ). Temuan baru dalam penelitian ini adalah model *Health Coaching* berbasis *Health Promotion Model* perilaku kesehatan gigi. Faktor personal mempengaruhi pelaksanaan atribut HC, sehingga meningkatkan komitmen dan perilaku kesehatan gigi. **Kesimpulan:** Model *Health Coaching* berbasis *Health Promotion Model* dapat meningkatkan kognitif, komitmen dan perilaku kesehatan gigi siswa sekolah dasar di daerah pesisir. *Health coaching* dalam penelitian ini disusun atas enam atribut yaitu Fokus kesehatan, kemitraan, berorientasi pada tujuan, proses, mencerahkan dan memberdayakan.

**Kata kunci:** *health coaching*, kognitif, komitmen, perilaku, kesehatan gigi.

## ABSTRACT

**DEVELOPMENT OF HEALTH COACHING BASED ON HEALTH PROMOTION MODEL TO IMPROVE COGNITIVE, COMMITMENTS AND DENTAL HEALTH BEHAVIOR ELEMENTARY SCHOOL STUDENTS IN COASTAL AREA****Ach. Arfan Adinata**

**Background:** Oral and dental health is an integral part of overall body health and was most common in school children. **Objective:** This study aims to develop a Health Coaching based on the Health Promotion Model to improve cognitive, commitment and dental health behavior of elementary school students in coastal areas. **Method:** The first stage research design was an explorative survey with a cross-sectional design. A sample of 150 elementary school students in Subdistrict Kwanyar, District Bangkalan are in the coastal area. The second research stage was used a quasy experiment design. A sample of 60 students. The independent variable in this study was the Health Coaching based on the Health Promotion Model of student dental health. The dependent variables in this study were cognitive, commitment and dental health behavior. **Results and Novelty:** There was an effect of Health Coaching based on the Health Promotion Model improved cognitive, commitment and behavior of elementary school students in coastal areas ( $p = 0,000$ ). The new finding in this research was the Health Coaching based on the Health Promotion Model of dental health behavior. Personal factors influence the implementation of Health Coaching attributes, thus increased commitment and dental health behavior. **Conclusion:** The Health Promotion Model based on Health Promotion Model can improve cognitive, commitment and dental health behavior of elementary school students in coastal areas. Health coaching in this study was composed of six attributes, namely health focused, partnership, goal oriented, processes, enlightening and empowering.

**Keywords:** health coaching, cognitive, commitment, behaviour, dental health.