

ABSTRACT

**THE INFLUENCE OF HEALTH EDUCATION USING *CTL*
(*CONTEXTUAL TEACHING AND LEARNING*) AS A LEARNING
METHOD TOWARD THE BEHAVIOR OF MENSTRUAL HYGIENE OF
FEMALE MUSLIM STUDENTS**

Pra Experimental Research in Miftahul Ula Islamic Boarding School

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Introduction: Menstrual hygiene problems are crucial especially for teenagers living in an Islamic boarding school. Even though females mostly go through their menstrual period each month, there are still teenagers who abandon the right menstrual hygiene management. This study aimed to know the influence of health education using *Contextual Teaching and Learning (CTL)* as a learning method toward the behavior of menstrual hygiene of female Muslim students.

Method: This study employs *pra-experimental* design. The sampling technique was *purposive sampling* with 51 female Muslim students as the respondents from the age of 12-15 year-old who have been through their periods. The variables of this study are health education using *Contextual Teaching and Learning (CTL)* as a learning method, the knowledge of female Muslim students, the attitude of female Muslim students, and the act of female Muslim students. The instrument used was questionnaires and checklist. The statistical test of *Wilcoxon* showed the significance $P \leq 0,05$.

Result: The result of the influence of health education using *Contextual Teaching and Learning (CTL)* as a learning method was showed with the values of $P=0,000$ ($P \leq 0,05$) in term of the knowledge, $P=0,008$ ($P \leq 0,05$) in term of the attitude, and $P=0,030$ ($P \leq 0,05$) in term of the act.

Discussion: Health education using *Contextual Teaching and Learning (CTL)* as a learning method influences the behavior of menstrual hygiene of female Muslim students in Miftahul Ula Islamic Boarding School Nglawak.

Keywords: *Contextual Teaching and Learning*, menstrual hygiene, female Muslim students.