

ABSTRACT

THE EFFECT OF ONLINE LECTURE METHOD AND ONLINE BRAINSTORMING METHOD (CEBRA) ON KNOWLEDGE LEVELS AND ATTITUDES OF MENSTRUAL HYGIENE IN ADOLESCENTS GIRL AT MTsN 5 TULUNGAGUNG

Quasy Experimental Research

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Introduction: The lack of information about menstrual hygiene affected inadequate knowledge and attitude factors. It will affect adolescent girls' healthy as well. This study explained the effect of the online CEBRA to improve the knowledge and attitudes of menstrual hygiene for adolescent girls at MTsN 5 Tulungagung. **Method:** This study used a quasi-experimental design with a treatment group and a control group. The populations were adolescent girls of VII and VIII grade. The sampling method used in this study was the simple random sampling technique. The sample of 96 respondents was divided into two groups, namely the treatment group (48 respondents) and the control group (48 respondents). The independent variable was health education using the online CEBRA, while the dependent variables were the menstrual hygiene knowledge and attitude of the adolescent girls. The data were collected using a questionnaire. Then, the data were analyzed using Wilcoxon Signed Rank Test and Mann Whitney U-Test with prosperity rate ($\alpha=0,05$). **Result:** The results showed that there was an improvement in the knowledge ($p=0.00$) and attitude ($p = 0.022$) in the treatment group using Wilcoxon Signed Rank Test after they were given an intervention using online CEBRA about menstrual hygiene. Meanwhile, there was an improvement in the knowledge ($p = 0.014$), but there was no improvement in the attitude ($p = 0.564$) in the control group. The results of statistical using Mann Whitney U-Test showed that there are differences between treatment and control group in knowledge variable ($p=0.001$) and attitude variable ($p = 0.039$). **Discussion:** It can be concluded that online CEBRA increases adolescent girls' knowledge and attitude in terms of menstrual hygiene. As an educator, a nurse can use the online CEBRA as an alternative in educational health at the school.

Keywords: CEBRA (lecture and brainstorming) method, online, knowledge, attitude, menstrual hygiene, girl adolescent.