

ABSTRACT

**THE EFFECT OF TEAMS GAMES TOURNAMENT (TGT) ON
STUDENT'S KNOWLEDGE AND ATTITUDE ABOUT MENSTRUAL
HYGIENE IN SMP BAHRUL ULUM SURABAYA**

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A Pre – Experimental Study

Introduction: Teenagers' menstrual hygiene requires an urgent attention. This is partly due to low social and educational attention to this age group. Teams Games Tournaments (TGT) was once proposed as an effective method in increasing students' achievement in one formal course. However, tis method has never been explained to improve menstrual hygiene practice. **Aim:** This research was aimed to analyze the potential of teams games tournament as method to deliver health education about menstrual hygiene in improving the knowledge and attitude of female students in SMP Bahrul Ulum Surabaya.

Method: Pre-experimental research design was used prior to its capacity to determine causal relation within one group sample. The population in this study was 7th grader female students in SMP Bahrul Ulum Surabaya. This study used involve 49 respondents, taken according to cluster random sampling. The data were collected using questionnaire and analyzed using Wilcoxon Signed Rank Test with significant value $p \leq 0.05$.

Result: The result show that health education through TGT method has a significant effect on respondents' knowledge ($p=0,000$) but has no effect on their attitude ($p=0,008$) toward menstrual hygiene.

Discussion: This study indicates that TGT can be used as method in delivering health education in certain area to improve female adolescence' knowledge. That TGT was proven to has no significant effect on attitude, indicates that time limitation may refract the actual result. **Conclusion:** This study proves that knowledge improvement isnt' always followed by attitude improvement. Further studies with longer monitoring time are expected to evaluate the potential of TGT to behavioral changes.

Keyword : Teams Games Tournament, Menstrual Hygiene, Knowledge, Attitude