

CHAPTER 1 INTRODUCTION

1.1 Research Background

Women's reproductive health is one of the important things that need to be maintained. Maintaining reproductive health is not only about diseases that interfere, but also by preventing and protecting yourself from disease disorders, especially in female reproduction.¹ As women experience menstrual cycles, knowing the cycle itself with its characteristics is something that every woman should learn. By paying attention and having knowledge, it becomes one of the effective ways to maintain reproductive health.

As one of the reproductive health rights outlined at the International Conference on Population and Development (ICPD) CAIRO in 1994 is the right to benefit from the results of scientific progress in the field of reproductive health.² The research to be researched has the aim of taking this role so that it can provide good benefits.

In Islam itself, Allah gives menstrual laws that relate to a woman's worship. Many studies of the Shari'ah law have been conducted. However, even though the theory and concept of menstruation and *istihadhah* itself has been explained in such a way, in fact there are still unexpected problems that confuse women in dealing with problems surrounding menstruation and *istihadhah*.³ This doubt also occurs due to women's lack of understanding of the difference between menstrual blood and *istihadhah* that comes out, as well as forgetting the habits of each individual's menstrual cycle. In the verse of the Qur'an Surah al-Baqarah Verse 222, the event of menstruation is described and how Allah's law is in His Sharia, as follows:

وَيَسْأَلُونَكَ عَنِ الْمَحِيضِ قُلْ هُوَ أَذًى فَأَعْتَزِلُوا النِّسَاءَ فِي الْمَحِيضِ وَلَا تَقْرَبُوهُنَّ حَتَّى يَطْهَرْنَ فَإِذَا تَطَهَّرْنَ فَأْتُوهُنَّ مِنْ حَيْثُ أَمَرَكُمُ اللَّهُ إِنَّ اللَّهَ يُحِبُّ
التَّوَّابِينَ وَيُحِبُّ الْمُتَطَهِّرِينَ

¹ Rima Wirenviona and A.A. Istri Dalem Cinthya Riris, *Adolescent Reproductive Health Education*, (Surabaya: Airlangga University Press, 2020), p. 7.

² Ibid; page 10.

³ Ai Umir Fadhilah, *"Women's Fiqh (Haid, Nifas, And Istihadhah) on Reproductive Health"*, vol. 2, *Proceeding International Conference on Religion, Science and Education*, 2023, pp. 1029-1030.

Meaning: *"They ask you about menstruation. Say, 'Menstruation is filth' Therefore, abstain from women during their menses and do not approach them until they are pure. When they are pure, then mix with them where Allah has commanded you. Indeed, Allah loves those who repent and loves those who purify themselves."*⁴

In an international article by Mowafa HOUSEH entitled 'Islamic E-Health: Definitions, Applications, and Challenges', a study of Islamic E-Health was reviewed, which in its results stated that the primary focus on the development of Islamic health applications includes spiritual health material, including the Hajj and Ramadan systems. This suggests that information technology can provide significant benefits to the Muslim relationship with a spiritual guidance approach.⁵

According to a survey conducted by the author by distributing questionnaires to 30 respondents of female students at Darussalam Gontor University, the results showed that there were still around 26.7% who were not sure about understanding the difference between menstruation and *istihadhah* and 3.3% who could not understand the difference between menstruation and *istihadhah*. This is an indication that not all female students understand the difference between menstrual blood and *istihadhah* blood which should be knowledge that is understood in every woman. Then on the questionnaire question related to female students' understanding of the law of menstruation and *istihadhah*, based on the answer data obtained, 36.7% of respondents answered neutral (between understanding and not understanding) and 6.7% of respondents answered that they did not understand. Based on the facts described, it strengthens the need for understanding the laws of menstruation and *istihadhah*.

Based on the facts and background found, the author plans to develop an application that uses the concept of menstrual cycle calendar and *istihadhah*. This application will present a calendar of menstrual cycles and *istihadhah* accompanied by a reminder feature of qadha' prayers and fasting related to the obligations of every woman. So that it can provide convenience and provide assistance to users in carrying out worship obligations. In the application designed will also be presented information on learning the laws of menstruation and *istihadhah* so that users can deepen their understanding of the laws of menstruation and *istihadhah*. It is hoped that this research can provide a good experience for users and the author can also contribute solutions to obstacles in facilitating and increasing understanding of the laws of menstruation and *istihadhah*.

⁴ Dewi Murni, *"Reproductive Health according to Al-Quran Surat Al-Baqarah/2 Verses 222-223"*, Vol. 8, No.2, Ulunnuha Journal, December 2019, pp. 221.

⁵ Mowafa HOUSEH, "Islamic E-Health: Definitions, Applications, and Challenges", *Enabling Health and Healthcare through ICT*, pp. 281.

1.2 Research Problem

The problem formulations taken by researchers based on the problems in the background are to understanding of Islamic law on menstruation and *istihadhah* in particular, female students at University of Darussalam Gontor who still have a lack of comprehensive knowledge based on a survey of 30 respondents who still do not understand.

1.3 Research Objectives

The objectives of this research are to introduce the sharia laws of menstruation and *istihadhah* to female students at University of Darussalam Gontor in particular, through a menstrual and *istihadhah* calendar application with other auxiliary features.

1.4 Research Benefits

The benefits that researchers expect from this research are:

1.4.1 For Students

1.4.1.1 Adding to the insight of female students, especially in the science of the laws of menstruation and *istihadhah*.

1.4.1.2 Increase the competence and experience of female students, especially in application development.

1.4.1.3 Fulfilling the final assignment of the course.

1.4.2 For the University

1.4.2.1 To be a product for broadening knowledge, especially in the laws of menstruation and *istihadhah* as an educational institution.

1.4.2.2 Being an indication of female students in the mastery and application of knowledge during lectures.

1.4.3 For the Community

1.4.3.1 Improving literacy and understanding of the laws of menstruation and *istihadhah*.

1.4.3.2 A means of improving the quality of worship.

1.5 Research Limitation

Some problem limitations were set in order to fit the research goals and objectives, as follows:

1.5.1 This research is aimed at Muslim women who have reached puberty and those who have not, especially female students of Universitas Darussalam Gontor Putri Campus.

1.5.2 The source of material in this application is referred from the book "Peel Through Menstruation, Nifas, & Istihadhah translation of the book Al Ibanah wal Ifadah by As-Sayyid Abdul Rahman bin Abdullah bin Abdul Qodir Assegaf" translated by Ummu Umar Baagil.

1.5.3 The research only focuses on the material of menstruation and istihadhah.

1.5.4 This research is only limited to features that help in qadha' and not to help in paying fidyah.

1.6 Systematisation of Discussion

This research will use the following systematic writing:

CHAPTER 1 INTRODUCTION

This chapter is an overview of the content of the research which consists of:

- 1.1 Research Background
- 1.2 Research Problem
- 1.3 Research Limitation
- 1.4 Research Objectives
- 1.5 Research Benefits
- 1.6 Systematisation of Discussion

CHAPTER 2 LITERATURE REVIEW

This chapter discusses the definitions and theories used by the author as a basis for understanding the research consisting of:

- 2.1 Previous Research
- 2.2 Theoretical Study

CHAPTER 3 RESEARCH METHODOLOGY

This chapter discusses the methodology used in this research which consists of:

- 3.1 Research Time
- 3.2 Research Place
- 3.3 Research Tools and Materials
- 3.4 Research Model
- 3.5 Research Stages

CHAPTER 4 RESULTS AND DISCUSSION

This chapter is an explanation of the results and discussion of this research which consists of:

- 4.1 Application Description
- 4.2 Method
- 4.3 Application Testing

CHAPTER 5 CLOSING

This chapter is the last chapter which contains conclusions from the research that has been done and suggestions for further research.