

**ABSTRACT**  
**THE RELATIONSHIP BETWEEN THE DURATION OF WATCHING**  
**KOREAN DRAMAS WITH PHYSICAL ACTIVITY AND NUTRITIONAL**  
**STATUS IN FEMALE STUDENTS OF UNIVERSITAS DARUSSALAM**  
**GONTOR**

**Nur Hidayatul Fatonah Iha**  
**412020728019**

Indonesian people have low physical activity with a prevalence of 33.5%. In Indonesia, 13.5% of people aged >18 years experienced overnutrition, of which 28.7% were obese with BMI  $\geq 25$  kg/m<sup>2</sup>. This study aims to determine the relationship between the duration of watching Korean dramas with physical activity and nutritional status in female students at Universitas Darussalam Gontor. This study used an observational analysis method with a cross-sectional design, the sample used was 4<sup>th</sup> semester female students aged 18-22 years with a total of 110 students who watched Korean dramas. The duration of watching Korean dramas was measured by a questionnaire for the duration of watching Korean dramas, physical activity was measured by the IPAQ (International Physical Activity Questionnaire), and nutritional status was measured used the Body Mass Index (BMI) formula. The univariate results showed that female students had a high level of watching Korean dramas (55.5%), light activity (64.5%), and nutritional status in the normal category (74.5%). The results of this data collection were processed used the chi square test and the results showed that there was a significant relationship between the duration of time watching Korean dramas and physical activity, while the duration of time watching Korean dramas and nutritional status had no significant relationship.

**Keywords: duration of watching Korean dramas, physical activity, nutritional status**