

ACKNOWLEDGMENT

Bismilaahirrahmanirrahim

Assalamu'alaikum Warahmatullahi Wabarakatuh

All praise is only for Allah SWT who has given His guidance and guidance, so that the author can complete this research as a final project with the title The Relationship between Duration of Watching Korean Dramas with Physical Activity and Nutritional Status in Female Students of Universitas Darussalam Gontor.

With the completion of this research as a final project, the author would like to express his deepest gratitude to:

1. Al-Ustadz Prof. Dr. K.H. Hamid Fahmi Zarkasyi, M.A.Ed., M.Phil, Al-Ustadz Dr. Abdul Hafidz Zaid, M. A, Al-Ustadz Setiawan bin Lahuri, M. A and Al-Ustadz Dr. Khirul Umam, M.Ec, as rectors of Unida Gontor.
2. AL-Ustadz apt. Amal Fadholah, M.Si as the Dean of the Faculty of Health Sciences who has provided motivation and direction until the completion of this research as a final project.
3. Al-Ustadzah Indahtul Mufidah, S.Gz., M. Gz as the first supervisor who has patiently guided, directed and motivated so as to complete this research as a final project.
4. Al-Ustadzah Qothrunnada Fair Rooiqoh, S.Tr. Gz., M. Gz as the second supervisor who has patiently guided, directed and motivated so as to complete this research as a final project.
5. Al-Ustadzah Ladyamayu Pinasti, S.Gz., M. Gz as an examiner who has provided the best for the author for the smoothness of studying and completing this research as a final project.
6. Al-Ustadzah Lulu Lutfiyah as the head of the nutrition science departement who has patiently guided, directed, and motivated so that I can complete this research as a final project.
7. Both parents, almayan iha and soimatun, for both of them the author can complete this research. Thank you for all the love given in raising and guiding the author all this time so that the author can continue to strive in achieving dreams and goals.

May Allah reward all those who have helped in the process and report of this activity with kindness and happiness. Finally, I hope that this activity report can be useful for the authors and all those who need it.

Mantingan, 09 August 2025

Author

