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Dear.
Arzu Akhund Zada, Desy Safitri, Sujarwo

Thank you for submitting your best article to be published on **Gudang Jurnal Multidisiplin Ilmu** with the title:

"Tren Pola Hidup Sehat Masa Kini Terhadap Kesehatan Mental Dan Fisik Generasi Z"

Based on the results of the review and the decision of the editorial team, the article is declared **ACCEPTED** for publication in the **Gudang Jurnal Multidisiplin Ilmu** edition **Volume 4 Number 6 Juni 2026**.

Thus we submit this letter of information to be used as it should be, we express our gratitude.

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