

# **RELATIONSHIP BETWEEN SHARING FOODS IN BIG TRAY AS A *SUNNAH* WITH THE LEVEL OF SATIETY**

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## ABSTRACT

**Introduction:** Sharing of food in a big tray with other people is a *Sunnah* of Prophet Muhammad (peace be upon him). The purpose of this study was to determine the relationship between sharing food in a big tray with the level of satiety. **Methods:** A groups of 108 and 96 respondents were stratified randomly chosen respectively according to sex and age from dedicated population. The level of satiety was measured using 1-5 Likert scale and all data were statistically analysed using Statistical Package for Social Science (SPSS) version 21. **Results:** The results showed a negative relationship at medium strength ( $r=-0.37$ ) between the level of satiety with the number of people who shared the same amount of food in a tray and positive relationship at low strength ( $r=0.28$ ) between the level of satiety with the number of food portion which shared by the same number of people. **Conclusion:** This study indicates that food with 4 portions size enough to share by 6 peoples where they feel moderate full.

**KEYWORDS:** *Sunnah*, eating, sharing food, tray, satiety

## INTRODUCTION

People naturally need food for energy and nutrients. Allah (glory to Him) says in the Al-Quran, 'eat of the good things which We have provided for you' (Quran 2:172) and 'eat of what is lawful and wholesome on the earth' (Quran 2:168). Fahrul Irfan Ishak (2011) mentioned that bad food especially unlawful food may lead to sickness and mortality. Prophet Muhammad (peace be upon him) has stated in Al-Hadith that 'what is halal is clear and what is haram is clear. In between those two is a dubious area in which many people do not know about. So whoever distanced himself from it, he has acquitted himself (from blame) and those who fall into it, he has fallen into a state of haram' (Narrated by Bukhari).

Prophet Muhammad (peace be upon him) has shown good manners in eating. One of them is sharing food with other people using a big tray. This practice can encourage many good behaviour like modesty in taking food, increase sense of self-sacrifice and feeling of mutual love and fellowship. Unfortunately, this good practice is not very popular nowadays, maybe because it is quite difficult to fine big tray, difficult to manage big tray before and after eating, sharing food using big tray need people to sit on floor, it is quite difficult for big size people to eat by sitting on floor, sharing food in tray cannot use spoon, some people feel not comfortable by sharing food in big tray and some other reasons.

Prophet Muhammad (peace be upon him) also teaches us to stop eating before feeling of satiety. Satiety is a state of being fed or when people feel gratifying after taken some food.

The objective of this study was to evaluate the relationship between the practice of sharing food with other people using big tray as taught by prophet Muhammad (peace be upon him) with the level of satiety.

**MATERIAL AND METHODS**

This study involved two experiments which were conducted at the Al-Amin Islamic primary and secondary schools in Kemaman, Terengganu and at the International Islamic University Malaysia Kuantan. The first experiment involved 54 male and 54 female respondents who were divided into 24 groups consisting of three to six students per group to share the food (Figure 1). In this experiment the amount of food was set to four servings size in each tray.

In second experiment, about 60 male and 60 female respondents were divided into 30 groups consisting of only four students per group to share the food (Figure 2). In this experiment the number of food serving size varied from two to six serving size in each tray. Respondents for both experiments were aged 13-25 years old and randomly chosen using a stratified convenient sampling.

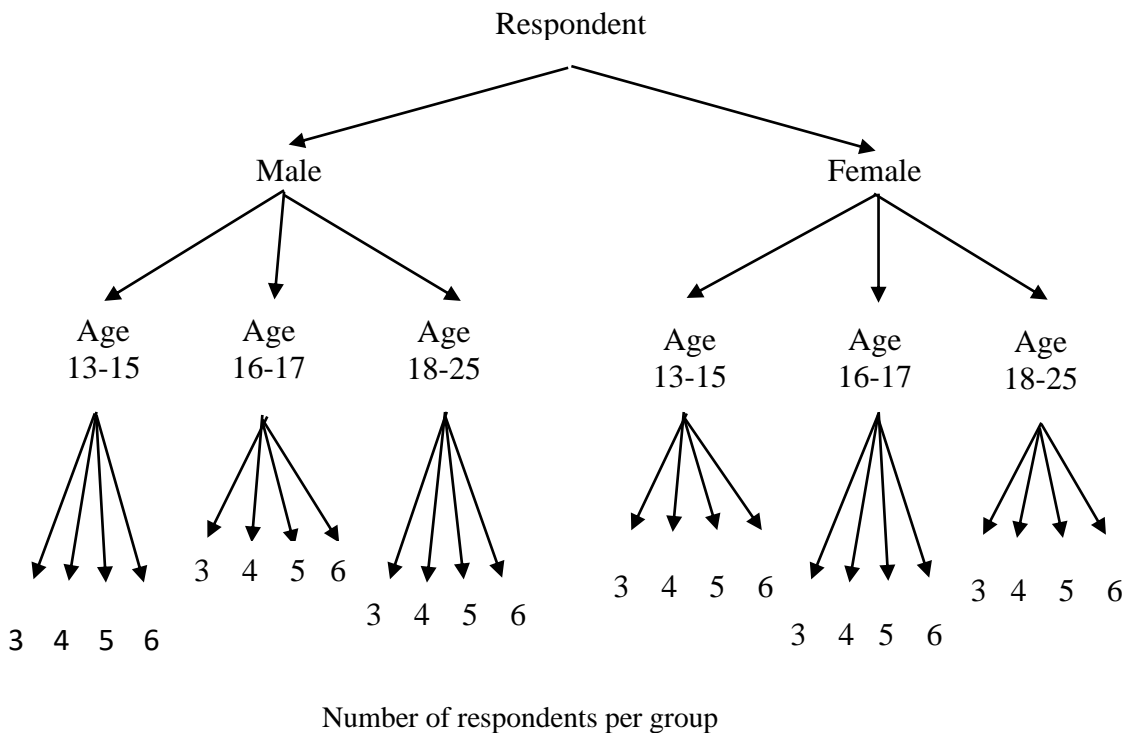


Figure 1: Number of respondents according to group in experiment 1



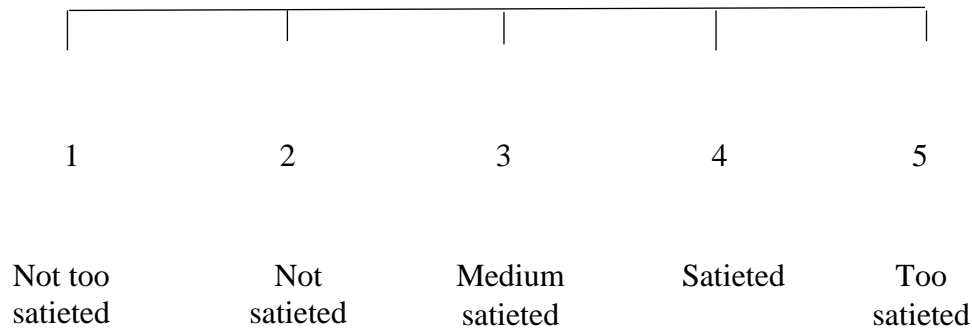


Figure 3: Likert scale of satiety level

Data were analysed using Statistical Package for Sosial Science (SPSS) version 21. Descriptive data were recorded as as mean  $\pm$  standard deviation (SD). Comparison of mean values between three and more variables was done using Anova test and correlation tests were performed using Pearson correlation test. P value less than 0.05 was considered as statistically significant.

## RESULT

### Relationship between numbers of respondents with level of satiety

In experiment 1, the number of respondents varies between three to six people per group but the type of food and serving size were controlled. Table 1 shows that the group with six respondents per group who shared the same amount of food had significantly lower satiety level than the other groups ( $p < 0.05$ ). Pearson correlation shows a negative relationship at medium strength ( $r = -0.37$ ,  $p < 0.001$ ) between the level of satiety with the number of people who shared the same amount of food (Table 2).

Table 1: The satiety level according to the number of respondents per group

Respondents per group	Satiety level	Interpretation
3	4.10 $\pm$ 0.97 <sup>a</sup>	Satiated
4	4.04 $\pm$ 0.69 <sup>a</sup>	Satiated
5	3.83 $\pm$ 0.70 <sup>a</sup>	Medium satiated
6	3.11 $\pm$ 1.03 <sup>b</sup>	Medium satiated

Data is presented as Mean $\pm$ SD

Different alphabet indicates significantly different at  $P < 0.05$

Table 2: The relationship between the satiety level with the number of respondents per group

Pearson correlation	Satiety level	
	r value	P value
The number of respondent	-0.37	0.00

### Relationship between number of serving size and level of satiety

In experiment 2, the number of serving size varies between two to six but the number of respondents per group was set at four people. Similar to experiment 1, the type of food was also controlled. Table 3 shows that the group that was served with six serving size had significantly higher satiety level than the other groups ( $p < 0.05$ ). Pearson correlation shows a positive relationship at low strength ( $r = 0.28$ ,  $p < 0.001$ ) between the level of satiety with the number of serving size of food (Table 4).

Table 3: The mean  $\pm$  SD values of the satiety level according to the number of food serving size which shared by the same number of respondents per group

The number of serving size	Satiety level	Interpretation
2	3.20 $\pm$ 0.51 <sup>a</sup>	Medium satiated
3	3.37 $\pm$ 0.58 <sup>a</sup>	Medium satiated
4	3.62 $\pm$ 0.87 <sup>a</sup>	Medium satiated
5	3.79 $\pm$ 0.93 <sup>a</sup>	Medium satiated
6	4.08 $\pm$ 0.58 <sup>b</sup>	Satiated

Data is presented as Mean $\pm$ SD

Different alphabet indicates significantly different at  $P < 0.05$

Table 4: The relationship between satiety level with the number of food serving size which shared by the same number of respondents

Pearson correlation	Satiety level	
	r value	P value
The number of food serving size	0.28	0.00

## DISCUSSION

In experiment 1, the satiety level was inversely correlated with the number of respondents who shared the same amount of food. Groups of three and four respondents per group believed that they were satiated while groups of five and six respondents per group were medium satiated. More importantly, the group with six respondents per group had significantly the lowest satiety level among all groups. Medium satiated can be better compared to satiated (Muhammad Azraie, 2010). Medium satiated means the food is enough for a person to consume without having too much food. The person should stop once he or her feel medium satiated.

In experiment 2, the satiety level was increased as the number of serving size increased. The group that was served with six serving of food had significantly the highest satiety level. Meanwhile, other groups with five or less serving size had medium level of satiety. According to Che Wan Jasimah Wan Mohamed Radzi (2009) taking too much food can lead to poor health. This statement was supported by Azimah Ahmad and Shahinaz Desa (2007) and Mohd Azlan Abdullah and Norazizah Ali (2011). This study showed that food served with less than six serving size is just enough to be shared by four people. Our prophet Muhammad (peace be upon him) says to his followers to not take food more than necessary. He said which mean: *'food for one person is enough for two persons, food for two persons is enough for four persons and food for four persons is enough for eight persons'*. This hadith was narrated by Bukhari, Muslim, Ibnu Majah, Ahmad and Ad-Darimi. In another *hadith* which narrated by Abu Hurairah, prophet Muhammad (peace be upon him) said which mean; *'Food for two people enough for three people and food for three people enough for four people'*.

## CONCLUSIONS

In this study, the satiety level decreased when the number of people who shared the same amount of food in a big tray increased. On the other hand, the satiety level decreased as the number of serving size decreased. Group of four or five people believed they were medium satiated. Similarly, groups that were served between 2 to five serving believed they were also medium satiated.

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