



اَللّٰهُمَّ صَلِّ وَسَلِّمْ عَلٰى نَبِيِّنَا مُحَمَّدٍ
UNIVERSITI
TEKNOLOGI
MARA

UNIVERSITI TEKNOLOGY MARA

**AWARENESS TOWARDS MUSLIM SUNNAH
LIFESTYLE AMONG OVERWEIGHT ADULT AT
COMMUNITY OF KLANG VALLEY**

NURUL KHALILAH BINTI AZHAR

**BACHELOR OF NUTRITION & DIETETICS
(HONOURS)
FACULTY OF HEALTH SCIENCES**

JANUARY 2016

AUTHOR'S DECLARATION

I hereby declare that the work in this thesis is my own except for the quotations and summaries which have been duly acknowledged.

Name of Student : Nurul Khalilah Binti Azhar
Student I.D. No. : 2012210312
Programme : Research Project - HPY590
Thesis Title : Awareness towards Muslim Sunnah Lifestyle Among
Overweight Adult at Community of Klang Valley.

Signature of Student :

Date : January 2016

ABSTRACT

Sunnah food are part of Sunnah diet that caught most attention of people. The claims for the benefits lead to many research about the composition of certain Sunnah food. Sunnah food that had been widely researched consist of black seeds, honey and dates. Even though there are a lot more Sunnah food, most people are not aware of other non-popular Sunnah food. Apart from that, Sunnah diet that teach how to eat are not easily proven for the benefits. This study was important to be done as there is high number of overweight adult people in Malaysia. Estimated about 30% prevalence of overweight among adults Malaysia (Mohamud et al., 2011), (Azmi et al., 2009). Muslim Sunnah lifestyle that consist of diet and physical activity is one of option that not widely explore yet to address problem of obesity in Malaysia. The goal of this study is to determine the awareness and factors contribute to awareness of Muslim Sunnah lifestyle among overweight adult in Klang Valley. Approach use in this study is quantitative as questionnaire is mainly use for this study. This is an observational study and conducted around Klang Valley area. The sample also selected by convenience sampling and involve 70 sample. Result from this study show mostly overweight adult in Klang Valley were aware of Muslim Sunnah Lifestyle. There was association between family income and level of practise awareness. Lack of study about Muslim Sunnah Lifestyle make the awareness of Muslim Sunnah lifestyle in Malaysia are unknown. Study that have been done also limited at small area, thus the result cannot be generalized.

TABLE OF CONTENTS

	Page
AUTHOR'S DECLARATION	i
ABSTRACT	ii
ACKNOWLEDGEMENT	iii
TABLE OF CONTENTS	iv
LIST OF TABLES	vi
LIST OF FIGURES	vii
CHAPTER ONE : INTRODUCTON	1
1.1 Research Background	1
1.2 Justification	2
1.3 Research Questions	2
1.4 Objectives	3
1.5 Benefits Of Study	3
CHAPTER TWO : LITERATURE REVIEW	4
2.1 Awareness	4
2.2 Sunnah lifestyle	5
2.3 Sunnah diet	6
2.4 Sunnah food	7
2.5 Sunnah physical activity	10
2.6 Socio-demographic characteristics	12
CHAPTER THREE : RESEARCH METHODOLOGY	15
3.1 Study Design	15

CHAPTER ONE

INTRODUCTION

1.1 RESEARCH BACKGROUND

Sunnah is anything practices by our Prophet Muhammad (SAW). This study is about Prophet Muhammad (SAW) Sunnah Lifestyle which lead to healthy lifestyle and healthy body later. The Quran and the Sunnah outline the teachings that show how one is to protect health and live life in a state of purity.(Ar & Aidalina, 2014). Healthy lifestyle is always food related and exercise related. Previous studies regarding nutritional values of Sunnah food is review such as volatile oil and thymoquinone seem to be the most effective fractions of black seed in producing its hypoglycemic effect (Bamosa, 2015), honey has traces of minerals and vitamins also the antioxidants which destroy free radicals and delay ageing (Kumar & Bhowmik, 2010) and among dates, syrups, and their by-products, seeds had the highest contents of total phenolics (3102–4430 mg of gallic acid equivalents/100 g fresh weight) and antioxidant activity (580–929 lmol of Trolox equivalents/g fresh weight). This suggest that date by-products particularly seeds serve as a good source of natural antioxidants (Al-Farsi et al., 2007). These studies also related more on nutritional aspects of Sunnah food. However, this study consists of Sunnah diet, Sunnah food and Sunnah physical activity awareness.

There are a high number of overweight adult citizens in Malaysia. Estimated about 30% prevalence of overweight among adults in Malaysia (Mohamud et al., 2011), (Azmi et al., 2009). There are many obesity-related health condition include high blood pressure, early symptoms of hardening of the arteries, type 2 diabetes, non-alcoholic fatty liver disease, polycystic ovary disorder, and disordered breathing during sleep (Daniels, 2006). Obesity is a strong risk factor for pregnancy complications and adverse outcomes. Importantly, overweight women also had a markedly increased risk for gestational diabetes, preeclampsia, and eclampsia (Baeten, Bukusi, & Lambe, 2001). Therefore, Muslim Sunnah lifestyle that consists of diet and exercise or physical activity can be an alternative to address the problem of overweight among adult in Malaysia. The physicians of the Islamic medical tradition also once advise that “Do not use medicine as long as dietary treatment is useful (Deuraseh, 2014).