

Thesis title            Buddhist Ethics and Food Consumption : A Case  
Study of the Ethical Principles of Food Consumption  
of Students of the Buddhist Associations in the  
Governmental Universities

Name                    Phramaha Preecha Boonsriton

Degree                  Master of Art (Ethical Studies)

Thesis Supervisory Committee

                              Niran Pantarakit, B.A., M.A.

                              PhraKhrupaladsuvadhanaprommakhun, Pali 8, B.A., Ph.D.

                              Subphachai Sukarawan, M.S. (Applied Statistics)

Date of Graduation 2 July B.E. 2540 (1997)

### **ABSTRACT**

The purpose of this research was to study the doctrines in Buddhism, which are the principles of Food Consumption according to the Buddhist scriptures as appeared in The Pali Tipitaka (Canon) and its commentary, and the concepts of the Buddhist thinkers.

One hundred students of ten governmental universities were interviewed and given questionnaires in the process of sampling data. The ethical test was based on the principles of Food Consumption in Buddhism.

It was found that the ethical principles of Food Consumption in Buddhism focus on the teachings and life of The Buddha, namely the moderation in eating (Bhojane mattaññutā), the contentment or satisfaction with whatever is one's own (Santutṭhitā) and the condition or status of being supported and fed easily (Subharatā) etc. The purpose of Food Consumption, according to Buddhism, has the aim to give up clinging to artificial value of food and get true value of food to support the health.

The Ethics of food consumption, according to the concepts of three Buddhist thinkers, are based on the Buddhist Ethics. They merely have the different present methods and main points : Phra Dhammapidok (P.A. Payutto) presented the Buddhist Ethics to develop the human's mind. Sulak Sivaraksa gave the importance to Buddhist Ethics to develop the human's society. And Prawes Wasi presented the Buddhist Ethics for the good health of human's body. However they gave importance to the environment and society too.

For students of Buddhist Associations in governmental Universities, they mostly agree with the Buddhist principle of food consumption. The ethical standard of food consumption of students in governmental Universities, particularly in Buddhist Associations, is at a satisfactory level. Only a few students of the sample group were out of the rule.