

## Emotional Experiences during Muslim Spiritual Journey

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### Abstract

This paper describes data from 53 respondents from Malaysia who just returned from a spiritual journey in the last 6 months. Twenty-three were males and 30 were females. The participants' age ranged from 25-64 years old. In this spiritual journey, participants travelled to Mecca and Madinah in Saudi Arabia to perform their Hajj. They were chosen from a close group in *Facebook* comprises of Malaysians who have performed Hajj before. Participants responded to a set of three open ended questions asking them to report the most frequent emotions they experienced during their journey, things that make them most happy during their journey and things that make them most sad during their journey. Most frequent emotions reported were positive such as happy ( $n=46$ ) and thankful ( $n=15$ ). Things that made them happiest was to be able to complete the activity and things that made them saddest was leaving the city of Mecca after they completed their journey. This paper implies how spiritual journey can elicit certain emotions and highlights the need to understand more spiritual events that can have an impact on individual's happiness.

Keywords: emotion; hajj; spiritual