

ABSTRACT

The aim of this study is to explore the relationship between Spiritual Awakenings, Religious Struggle and Positive Mental Health in Muslim culture. The purpose of this study is to inculcate awareness in people that how different modes of spiritual awakenings caused by mystical experiences, near-death experiences, religious conversions, and traumatic and life changing experiences), lead experiencers to a more positive life by improving their abilities to cope with mental illnesses.

The study was conducted in two parts: Study and Study-. Study was quantitative in nature, and studied spiritual awakening, religious struggles and positive mental health in Muslim cultures using a cross sectional study design and convenient sampling while, study being qualitative in nature used inductive thematic analysis approach to study the nature of spiritual awakening experiences in Muslim cultures. Study used Friedman Spiritual Awakening scale by Philip. H. Friedman (2019), Religious Struggles scales by Pargament et al (2014), and positive mental health scale by Lutz et al.(2016), to study the relationship of these study variables on the sample of 200 (100 men and 100 women) of varying ages of 20 to 60 years and study was a semi structured interview that was conducted from 12 participants (6 males and 6 females).

Study indicated that there are no significant gender differences in spiritualawakening, religious struggle and positive mental health in Muslim cultures. Spiritualawakening and religious struggles were significant predictors of positive mental health inMuslim Cultures. Spiritual awakening was negatively associated to religious struggles, whilespiritual awakening was positively correlated to positive mental health. Similarly, religiousstruggles and positive mental health were negatively correlated to each other. Furthermorestudy was conducted to study the narratives of spiritual awakening experiences in MuslimCultures and to explore the local concept in terms of which spiritual experiences are narratedin Muslim cultures. Following themes were emerged as a result of thematic analysis faithduring series of trials, connection to the Divine Being, spiritual/religious practices, spiritualcrisis, transpersonal or mystical qualities, and surrender in episodes of turmoil, emotionalexperiences, and major life transformations, a call or a response, enhanced relationship withthe world, transformed sense of self. The first ten themes explained the nature and causes ofspiritual awakening experiences and last two themes explained the transformations thatparticipant reported after results of spiritual awakenings.

Keywords: spiritual awakening, religious struggle, positive mental health, mystical experiences