

Review of: "Experiencing B-Values on the Camino de Santiago: A Journey Toward Self-Actualization"

Rachana Bhangaokar¹

¹ Maharaja Sayajirao University of Baroda

Potential competing interests: No potential competing interests to declare.

The paper examines a very interesting theme of walking pilgrimages to Camino de Santiago (CdS) and how they the experience enhances Maslow's B-values. The method, sample and data-related procedures are provided in detail. The authors may consider the following suggestions.

1. The paper focuses more on Maslow's theory and concepts than the CdS itself. Some details about the cultural and religious context of CdS will help the reader situate the experience along the intersecting lines of history, religion and politics, as applicable.
2. The literature from previous studies and experiences like CdS in other cultures can be put together to explain various facets of the pilgrimage and build a context around CdS.
3. Why do the pilgrims take up this walk in CdS, what are their motives and beliefs around it? Does it have anything to do with healing or suffering? How can authors explain the voluntary nature of the pilgrimage?
4. The use of the term "irrational" understanding may be re-thought. Often times in contexts like CdS, many things happen miraculously and it may not be easy to describe them logically. The authors may use a term that captures this sentiment than calling the understanding "irrational". This may well be an opportunity to insist that sticking to certain dichotomies (rational vs irrational; science vs religion) does not go a long way in generating new knowledge about human behavior and experiences, especially in such special contexts.
5. The results may be presented more tightly using tables with themes and representative verbatim responses alongside the codes.
6. Do the pilgrims mention how their interactions with others have changed after the CdS experience? Did they become more patient, more kind or less angry with others around them? How sustained was this response?
7. Lastly, some critique of Maslow's theory may also be shared. Do you need all basic needs to be fulfilled before you can have a peak experience - can a poor person experience it? Or are peak experiences meant only for some people and groups? Similarly, does the CdS experience raise any questions about our relationship with nature and how we must conserve it?
8. Overall, the paper makes for very interesting reading. I look forward to reading a revised version of this paper. Best wishes.

