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A Systematic Review of Islamic Culture in Dealing with Adolescent Dilemmas

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ABSTRACT This study aimed to investigate Islam's perspectives on the development of adolescents, which is represented as a critical stage in one's lives. The study reviewed earlier research from 2015 to 2025. The review showed that both, the dilemmas of adolescents, identity development, holistic care, and mental health issues are highlighted, as well as continuous and culturally sensitive sexuality and reproductive health education, which is critical to the health of young people in any way. The study concluded that the lack of Islamic culture pedagogy is most important because effective strategies include transforming rote learning approaches to interactive, critical thinking methods, enhancing spiritual identity, integrating psychological attitudes to mental health prospects, and cultivating a culturally grounded approach. More research is needed to handle these issues from different perspectives.