

## MENTAL HEALTH VIEWED FROM THE PSYCHOLOGY OF ADOLESCENT ISLAMIC EDUCATION

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**Abstract:** Adolescents are children who are just growing towards adulthood, adolescents have a very important role in the progress of the nation and the State and also they will be the heirs of continuing religion later. If this teenager is healthy, it is certain that the future leaders of the nation, State and religion will be healthy too, but vice versa. In this study the author will look at how the actual mental health of adolescents is viewed from the psychology of Islamic education. This research will use a literature study that seeks information related to adolescent mental health seen from literature sources in the form of books, published research and related articles. The subject of this research is adolescents who are connected with developmental theory and also mental health in terms of Islamic psychology. The results obtained from various literature in Islamic educational psychology related to maintaining mental health for humans have been very well maintained in Islam and especially adolescent mental health in Islamic educational psychology is very seriously studied. The results found that adolescent mental health is much influenced by supporting factors including family, school and healthy thinking patterns contained in the teenager

**Keywords:** Mental Health, Educational Psychology, Islam, Adolescents

### Introduction

Mental health is currently a very serious issue discussed not only in Indonesia but also internationally. The world health agency WHO provides information that, by 2024, one in eight people in the world or around 970 million people live with mental disorders. This figure shows a significant increase from previous years. Some data on mental disorders according to WHO An estimated 15% of working-age adults have mental health disorders. The prevalence of mental health disorders in those aged 20 years and above is estimated at 13.3% (World Health Organization, 2024).

Adolescent mental health is one of the important issues that is now gaining global attention. Focusing on mental health during the adolescent phase is crucial as potential mental health disorders, such as depression and anxiety, often emerge during this period and can affect an individual's mental health in adulthood (Lekatompessy, 2023). In Indonesia, this phenomenon is further amplified by various factors, including academic stress and the role of social support which, when not optimal, can contribute to an increased risk of mental disorders among adolescents (Aisyaroh et al., 2022; Salsabila et al., 2022).

The relationship between academic stress and adolescent mental health has been shown to be significant. Research shows that adolescents who experience academic stress tend to have double the risk of developing depression (Salsabila et al., 2022). In addition, social support from friends, family, and school environment can be a barrier that protects adolescents' mental health. Emotional and practical help from individuals around adolescents has been shown to be effective in maintaining mental well-being (Hidayati & Purwandari, 2023; Salsabila et al., 2022). This also includes family parenting, namely from both parents, which is the most important factor in children's mental health (Masitah &

Sitepu, 2021). This case is exacerbated by the behavior of young children aged 5-6 years in several cities who are indicated to have smartphone addiction for 3-4 hours a day (Nasution, 2024). This shows the importance of a holistic approach in supporting adolescents' mental health, where all aspects of adolescents' social life contribute to their psychological state. Teachers are very important contributors in improving adolescents' psychological well-being, especially for students. By helping students manage emotions, improve self-control, develop social skills, and learn effective coping strategies, counseling guidance programs have the potential to produce a generation of adolescents who are more emotionally balanced and better able to cope with life's challenges (Putri et al., 2024).

In the context of Islamic psychology, especially for adolescents in pesantren settings, the integration of spiritual values can strengthen positive factors in mental health. Research shows that high religiosity can serve as protection against stress and improve mental well-being (Winurini, 2019). In a pesantren environment, education coupled with moral and spiritual guidance often offers the psychological support needed to help adolescents face various challenges. This is also in line with the view that adaptation of religious values can provide inner peace and strengthen mental resilience among adolescents (Nina & Supriyatna, 2021; Winurini, 2019).

Social media is also an important factor influencing adolescents' mental health. Social media use can serve as a platform for social interaction, but it also has the potential to cause problems such as cyberbullying and anxiety disorders (Septiana, 2021; Sudrajat, 2020). Research has shown that adolescents who are more active on social media often report poorer mental health than those who are limited in their use. A thoughtful approach in educating adolescents about social media use and its impact on mental health, accompanied by educational programs, is urgently needed in this context (Nur & Widodo, 2023; Septiana, 2021).

Seeing that so many adolescents are affected by their psychological burden, it is worrying about the mental health of these adolescents. Therefore, the author wants to examine how adolescent mental health actually is, how adolescent development is viewed from the psychology of Islamic Education? As well as to find out how mentally healthy and mentally ill actually are.

## Literature Review

This study will elaborate on two important domains, namely adolescent mental health and Islamic developmental psychology, which overlap in an effort to understand the dynamics of adolescent emotional, cognitive, and spiritual development amidst the challenges of modern times. Adolescence is a complex transitional phase, characterized by physical, emotional and social changes. As physical, humans will also sometimes experience disturbances to their mentality, proof that someone is mentally healthy is when their mentality is calm, avoiding psychological disorders, mental calm will be a measure of one's mental health and safety (Al-Balkhi, 2023).

In the digital era 4.0, adolescents face various internal and external conflicts, including internet addiction, online games, and the spread of hoax news and hate speech that have a negative impact on their mental health (Siregar & Tafonao, 2021). This phenomenon is exacerbated by crisis situations such as the COVID-19 pandemic, which creates psychological distress and tests adolescents' mental resilience (Fadillah et al., 2022) stating that pandemic conditions increase the risk of psychological disorders, as adolescents must adjust to conditions of social restriction and drastic changes in learning environments and social interactions. In general studies on adolescent mental health, emphasizing that the

adolescent phase is very vulnerable to stress, depression, and confusion in managing emotions, which requires a holistic intervention approach (Purnomosidi et al., 2023).

In the realm of Islamic developmental psychology, there are efforts to integrate spiritual values in shaping adolescents' mental well-being. Some writings reveal that the paradigm of Islamic psychology has a different point of view compared to Western psychology, namely by including aspects of spirit and faith as an integral part of personality development and mental health (Wahid et al., 2022). The development of a person according to personality psychology says that human development must gradually grow, expand, strengthen and become more available and extensive (Wilcox, 2018).

This approach is then implemented in Islamic practice, where worship and rituals such as prayer, dhikr and supplication are seen as a means to achieve peace of mind and resilience in the face of life stress. Other research highlights that improving mental health in children and adolescents can be achieved through fostering Islamic worship that not only emphasizes ritual aspects, but also encourages self-control, moral responsibility, and spiritual character development (Fatma & Aisyah, 2021).

In addition, the role of religious education in strengthening Islamic values is also very important, this combination of values can be studied in religious psychology so that it provides a framework for understanding the stages of adolescent mental development, learning materials can be tailored to the emotional and spiritual needs of students (Musriaparto, 2022). This understanding supports a holistic perspective, where the values of faith act as a foundation in dealing with psychological pressures and an increasingly complex digital environment, the combination of spirituality and personality education must be in line, personality education based on an Islamic perspective is very important to be instilled, where adolescent character development must always be framed with moral and ethical guidelines that are integrated with religious teachings. In this case, Islamic personality psychology offers models that help adolescents find a solid and harmonious self-identity with spiritual norms (Nurjanah et al., 2023).

## Method

This research uses a literature study methodology in which in searching and examining the themes of adolescent mental health and Islamic developmental psychology refers to literature, especially in the context of discussions involving Islamic values and psychological literature. Literature research methodology is a systematic approach in searching, sorting, analyzing, and synthesizing the results of previous research that has been published in order to answer the formulation of problems that have been determined (Saifuddin, 2020).

To get maximum results, researchers identified data retrieval criteria based on the time span of publication, type of publication, relevance to topics such as adolescent mental health, developmental psychology, and Islamic values and most importantly experts who are in accordance with their fields. This stage is important to ensure that the selected literature is truly representative and of high quality (Aisyaroh et al., 2022).

The search for the topic of discussion was carried out by searching several trusted databases such as Google Scholar, PubMed, Scopus, and digital libraries of educational institutions and original and translated book manuscripts, as well as using relevant keywords, such as “adolescent mental health”, “Islamic developmental psychology”, “Islamic values”, and “psychological literature”. The search was conducted systematically by documenting the search process, the number of initial documents, and the reasons for filtering out documents that did not meet the criteria (Saifuddin, 2020).

The systematic literature search methodology includes a series of systematic procedures ranging from problem formulation, data screening and collection, to data synthesis to produce an in-depth understanding of adolescent mental health and Islamic developmental psychology. This methodology not only strengthens the theoretical foundation of the research, but also emphasizes the importance of transparency and systematic review of existing literature, so that the results achieved can be used as input for policy development efforts and mental health interventions in adolescents.

## **Result and Discussion**

Adolescent mental health is closely related to Indonesia's goals and future in realizing the golden generation 2045 (Pasaribu et al., 2024), the mental health of adolescents this year will result in the health of the nation's leaders in the next 40 years.

### **a. Mental Health**

Mental health is a very important aspect of human life, including in the context of Islamic teachings. From an Islamic perspective, mental health is understood as an individual's capacity to manage psychiatric functions, which include adjustment to self, others, and the surrounding environment, controlled by religious principles. According to Yuliatun and Megawati, the integration of faith-based therapies, such as forgiveness therapy, can contribute significantly to improving individual mental health (Yuliatun & Megawati, 2021). This is in line with Ariadi's view that the ability to manage psychological functions based on the Qur'an and Sunnah is the key to achieving happiness in this world and the hereafter (Ariadi, 2019).

The concept of mental health in Islam also includes encouraging strong spirituality and morality, which includes mutual respect, the ability to empathize, and maintaining good social relationships. As Amin et al. mentioned, good mental health is concerned with more than just addressing mental issues, but also includes the development of a clean heart (qalibun saliim) in accordance with Islamic teachings, which focuses on the integration between spiritual and mental health (Amin et al., 2023). Efforts to improve mental health must delve deeper into the spiritual aspect.

Furthermore, the issue of stigma surrounding mental health within the Muslim community is often a major challenge. Several studies have shown that mental health-related stigma among students in pesantren illustrates the need for a more inclusive approach and a deeper understanding of the importance of mental health in a religious and social context (Guntur et al., 2022). Through education and strengthening mental health literacy, it is hoped that the stigma can be reduced and more individuals can get the help they need (Yulianti & Surjaningrum, 2021).

Social and spiritual therapies in an Islamic context are essential to create interventions that can help individuals with mental disorders through a religious approach (Sulistiawaty et al., 2019). This relates to Islamic values that should be used as a guide in the mental healing process, including preventive measures such as maintaining good social relationships and maintaining faith.

Thus, mental health in Islam is not only seen as a state without mental disorders, but also as a condition in which individuals can develop and live a balanced life emotionally, spiritually, and socially. Therefore, it is important for people, especially in educational and community contexts, to understand and apply mentally healthy Islamic concepts in daily life (Amin et al., 2023; Ariadi, 2019; Ridlo, 2020).

### **b. Adolescent development in terms of Islamic Education psychology**

Adolescent development is very influential on the emotions it gets. Human emotions between one human being and another have unique characteristics. Many verses of the Koran and hadith describe emotions with different content, namely positive and negative emotions. This development will later have a different review from psychology in general.

The development that occurs in adolescents is very perfect but this perfection according to Ibnu Sina in the soul consists of three parts, all of which are interrelated with each other, in the development of the soul there is what is called the vegetable soul, animal soul and human soul (Sina, 2009).

Adolescent development is an important phase in life characterized by physical, psychological, and social changes. From the perspective of Islamic educational psychology, adolescent development can be studied through an understanding of mentality and character formed through religious education. Islamic educational psychology plays a role in shaping adolescent identity and in realizing and managing their potential in accordance with Islamic views. This is important considering that adolescence is a transitional period full of challenges and questions about self-identity, morality, and life goals (Rosmalina et al., 2023; Wadham & Mansir, 2022).

### **c. The characteristics of mental health and mental illness.**

Adolescent mental health from the perspective of Islamic developmental psychology, by examining the dynamics of psychosocial growth experienced during the transition to adulthood and the role of Islamic values in improving mental well-being. Contemporary research has shown that the adolescent phase is a critical period in which the development of self-identity and emotional regulation become major challenges, in line with classical developmental theories that emphasize identity search as a central issue in adolescence (Aisyaroh et al., 2022).

Furthermore, the integration between modern psychological approaches and spiritual approaches in Islam can be seen in research examining the relationship between religious practices and mental health. Some studies suggest that values such as tawakal, patience, and sincerity are essential components in achieving psychological well-being, where their implementation in daily life becomes a preventive strategy against symptoms of depression and anxiety (Sucitra, 2024). The link between faith and mental health is very high, some findings reveal that Qur'an-based spiritual approaches and dhikr practices can improve adolescents' emotional balance, resulting in a more stable and resilient mental state in dealing with problems (Walida, 2025).

This problem is exacerbated by low mental health literacy and the stigma of psychological disorders, resulting in the tendency of adolescents and their families to avoid professional help (Maya, 2021). On the other hand, the role of parenting and motivation in shaping adolescents' mental health, where a supportive environment and appropriate discipline have been shown to contribute positively to their emotional well-being. These findings indicate that comprehensive interventions need to combine conventional psychological approaches with moral and ethical values relevant to the local cultural context (Mustamu et al., 2020).

In the context of Islamic developmental psychology, Islamic values such as tawakal, patience, and self-control are seen not only as religious dimensions but also as adaptive mechanisms that support adolescent mental health. The role of mindfulness in mental education, especially in times of crisis such as the pandemic, should integrate spiritual approaches to help adolescents manage stress and anxiety. The implementation of Islamic value-based education is supported by the literature which shows that religiosity is one of the protective factors for mental health (Prasetyo, 2021). In addition, the Islamic approach to

developmental psychology also provides a normative foundation in building an integrated self-identity between physical, cognitive, and spiritual aspects, so that adolescents can face changes and internal conflicts more resiliently.

Furthermore, the phenomenon of Non-Suicidal Self Injury (NSSI) from an Islamic perspective, by highlighting how ethical and spiritual concepts in Islam can serve as a basis for prevention and intervention against self-destructive behavior. This approach bridges modern psychological theories with Islamic values that have long been a reference in the tradition of education and character building in Indonesia. Thus, integrating Islamic developmental psychology in adolescent mental health interventions implies the need for a holistic model, where the spiritual dimension is not separated from conventional psychological aspects in an effort to achieve optimal well-being (Permana, 2024).

Synthesizing, this literature review emphasizes that adolescent mental health should be viewed through a dual lens, by considering common factors that have been empirically demonstrated, and by integrating relevant Islamic values and practices. This approach not only supports the formation of a healthy self-identity and tolerance of external pressures, but also provides a framework for the development of comprehensive prevention and intervention strategies in specific cultural and religious contexts.

### Conclusion

Overall, this literature review shows that adolescent mental health is an aspect that is affected by social dynamics, digital culture, and global crises such as pandemics, while Islamic developmental psychology provides a theoretical and practical foundation to address these issues through a holistic approach that combines physical, cognitive, and spiritual aspects. Thus, the integration between modern psychological interventions and Islamic approaches is not only relevant for improving adolescent well-being, but also essential for forming a generation that is not only intellectually intelligent but also emotionally and spiritually mature.

In general, the mental health of adolescents requires special attention given the increasing psychosocial pressures, both from the family environment, socialization, and the influence of digital technology, so that the role of family, teachers, and society is needed in the formation of a social order that ultimately makes adolescents have mental health in accordance with what is expected by all groups, not a burden on future dependents.

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