# Critical thinking analysis of the perspective of Islamic education psychology study of teenager development

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**ABSTRACT**

The aim of research is critical thinking, an important tool to help students make responsible and rational decisions by understanding, analyzing, and evaluating the information they receive. Currently, adolescents' critical thinking skills are not optimal. They tend to be easily influenced by false or misleading information, receive information from social media or the internet without evaluating the truth, so they are vulnerable to hoaxes and propaganda. Teens tend to rely on instant solutions or follow the opinions of others without considering better alternatives. This can result in less effective decision-making and often does not consider future impacts. This study aims to analyze critical thinking from the perspective of Islamic educational psychology in adolescents, focusing on how adolescent development affects their critical thinking abilities. The research uses a qualitative approach and library research methods. The result of this study is that the development of critical thinking in adolescents is strongly influenced by various cognitive, emotional, and environmental factors that are the basis of Islamic educational psychology. A holistic and integrated approach to Islamic education can help facilitate critical thinking skills by emphasizing spiritual, moral, and ethical values in the learning process. In addition, support from family, school, and community also plays an important role in creating an environment conducive to the development of critical thinking skills. The study confirms that with the right approach, Islamic education can contribute significantly to developing critical thinking capacity in adolescents, which in turn will help them in facing life's challenges and becoming more thoughtful and reflective individuals.

## 1. INTRODUCTION

Human life in the twenty-first century is referred to as the century of openness or globalization, and this means that human life in the twenty-first century undergoes major changes that are very different from the life of the previous century (Etistika Yuni Wijaya et al., 2016). The 21st century focuses on building the Industrial Revolution Era 4.0, where knowledge is key. However, to make it happen, knowledge must be balanced with skills, which are the basis of quality human resources for the progress of the times (Rifa Hanifa Mardhiyah, 2021). Having strong thinking skills is one of the goals of modern education (Susilawati et al., 2020). One of the keys to the success of educational development in this century is the ability to think critically (Roudlo, 2020). Critical

thinking means thinking carefully and making decisions about what to believe, do, and be held accountable. (Susilawati et al., 2020). Critical thinking skills are essential because they allow people to think logically and solve problems well, and make logical decisions based on their beliefs (Hasanah et al., 2023).

The principles of Islamic education encourage the use of reason and deep reflection, and the critical thinking skills associated with them (Fikri & Munfarida, 2023). The Qur'an and Hadith contain many verses and narrations that encourage Muslims to think critically, contemplate the universe, and understand the signs of Allah's greatness (Zainal Arifin, 2019). Islamic education emphasizes a balance between scientific knowledge and spiritual values, with the aim of producing individuals who not only possess cognitive intelligence, but also have high moral and spiritual integrity (Mokodenseho, 2024). In contexts like these, critical thinking becomes an important tool to help students make wise and responsible decisions by understanding, analyzing, and evaluating the information they receive.

The reality in today's adolescents is that their critical thinking skills are not optimal, tend to be easily influenced by false or misleading information, receive information from social media or the internet without evaluating the truth, so they are vulnerable to hoaxes and propaganda (Putriningtyas et al., 2022). Adolescents who are not used to critical thinking will have difficulty solving problems (Hadiryanto & Thaib, 2016). Teens tend to rely on instant solutions or follow the opinions of others without considering better alternatives. This can result in less effective decision-making and often do not consider the long-term impact (Miski & Mawarpury, 2017). Negative influences from peers can lead to an inability to think critically and independently, which can result in actions that are detrimental to oneself or others (Suryana et al., 2022).

So far, research that discusses the analysis of critical thinking skills review of the psychology of Islamic education in adolescence, including a study written by Hendrayadi, Syafruddin, Rehani entitled "Critical Thinking in the Perspective of Islamic Education", explains that a person who thinks critically always considers that the actions they will take will bring good both in this world and in the hereafter. Nothing is more important than one's intelligence to determine one's honor and self-esteem. Only they can optimize their thinking to produce moral individuals (Rohmadi, 2018).

In addition, a study written by Zainal Arifin entitled "Islamic Psychology Perspectives on the Concept of Critical Thinking in the Quran" provides an explanation that thinking is part of the prophetic treatise and includes the psychological aspect of the mind: the prophet saw the existing reality, such as the problems and difficulties faced by humans at that time. As a result, critical thinking about these life problems arose as a result of the prophet's existence as a human being who was forced to think about how to solve problems (Arifin, 2019).

Most previous research has focused more on the general concept of thinking critically about Islamic education. This study will highlight specifically the development of critical thinking skills in adolescents. This research will integrate developmental psychology theories with Islamic educational principles to gain a deep understanding of the critical thinking skills developed in adolescents. Previous research has not investigated this subject much.

## 2. METHODS

This study aims to analyze critical thinking from the perspective of Islamic educational psychology in adolescents, focusing on how teenager development affects their critical thinking skills. Using a qualitative methodology, this study emphasizes the process of comparative inference and the dynamics of the phenomenon relationship (Yusuf, 2023). In this journal, the type of research used is library research. Literature study research is also referred to as literature study research because the data or materials needed to complete the research come from literature (Yaniawati, 2020).

## 3. RESULTS AND DISCUSSION

### 3.1. The concept of critical thinking from the perspective of Islamic Educational Psychology

The continuous process of finding solutions to current problems through the search for ideas and innovations is called thinking. It is called a process because before thinking, we have no ideas or ideas. Many ideas can only emerge when we think, which allows for creative thinking (Wantini, 2023). Critical thinking means carrying out thinking activities by using the ability to understand ideas, apply them, synthesize, and evaluate information (Dupni & Rosadi, 2021).

Reasoning critically means thinking rationally and reflexively to make decisions about what to believe or do. Critical thinking means reasoning with reason as an image, responsibility, reasoning skills, and important things in taking steps towards certain beliefs and what to do (Wantini, 2023). Islamic educational psychology considers critical thinking to have a spiritual dimension because it combines religious knowledge and moral principles in the thought process (Sagala et al., 2019). It's not just about intellectual ability, but it also involves ethical and spiritual considerations in making decisions and solving problems.

According to Fazlur Rahman from al-Farabi, the actualization of human thinking occurs in five stages. The first three stages are when humans think critically, namely potential intellect, actual intellect, and acquired intellect. The next stage is the actualization of prophetic thought, namely the Holy Spirit and prophetic intellect (Al Farabi, 2022).

In the Islamic view, man is endowed with intellect by Allah to understand and know Him and direct his life in accordance with religious teachings. Critical thinking in Islam means using reason to

interpret religious texts, such as the Qur'an and Hadith, as well as evaluating worldly situations with a perspective that reflects Islamic values (Arifin, 2019).

Islamic education emphasizes the importance of combining knowledge with faith. Therefore, critical thinking in Islamic education not only encourages logical and rational analysis but also pays attention to the wisdom derived from religious teachings (Hendrayadi, Syafruddin, 2023). Teachers and educators in this environment play an important role in instilling these values in students, helping them to develop critical thinking skills that are in accordance with Islamic principles.

Islamic education as part of the education system has great potential to improve students' critical thinking skills. Islamic principles such as justice, openness, common sense, and a critical attitude toward information can serve as a solid foundation to help students learn to think critically (Sunarti, 2023). Islamic educational psychology integrates the principles of psychology with Islamic teachings, providing a holistic framework for understanding adolescents' cognitive, emotional, and spiritual development (Mubarak, 2017).

In general, the perspective of Islamic educational psychology sees the concept of thinking as a way of thinking that combines the values of psychology and education with Islamic principles (Wantini, 2023). This can equip students with the necessary skills to become independent and responsible thinkers, who are able to face the challenges of the modern world with a solid foundation in Islamic teachings. This method is used in Islamic education in an effort to produce students who are not only intellectually intelligent but also morally and spiritually strong.

### 3.2. Development of critical thinking in adolescence

Hurlock (1990) divides adolescence into two parts: early adolescence (11/12–16/17 years) and late adolescence (16-18 years). In late adolescence, a person has gone through a developmental transition that is closer to adulthood (Hurlock, 1990). Adolescents' hormones, physical, and psychic undergoes gradual changes. Adolescents (adolescents) experience three stages of development: early (early), middle (intermediate), and late. Each stage has its characteristics and developmental responsibilities that each individual must go through in order for their bodies and minds to develop and develop properly. If developmental tasks are not fulfilled properly, then there will be obstacles and difficulties when entering the adult phase. A healthy family and a society that supports teenager growth greatly influences their physical and mental maturity (Jannah, 2017).

The development of critical thinking in adolescence is a complex and dynamic process, influenced by cognitive, emotional, and social changes that occur during adolescence (Arain et al., 2013). In the early stages, adolescents begin to understand the importance of critical thinking and recognize the basics of analytical thinking. They learn to ask relevant questions, gather necessary information, and distinguish between facts and opinions (Novianti, 2020). This is an important foundation that helps them begin their journey in developing critical thinking skills. As teenagers

develop, they begin to demonstrate the ability to analyze information and arguments in more depth (Babullah, 2023).

Learn to identify the premises and conclusions in an argument, as well as evaluate the strengths and weaknesses of an argument. This ability is important in helping to make decisions based on evidence and logic, not just personal opinions or social influences (Walde Mesah, Ferdi Eka, 2024). The development of critical thinking in adolescents also involves the ability to consider the social and moral context of their decisions. They feel responsible for society and are aware of how their actions impact others. This is an important aspect of critical thinking that helps them become more empathetic and ethical individuals, able to make decisions that benefit the community and themselves (Syahdeli et al., 2023).

In the context of teenager development, critical thinking involves the ability to question information, evaluate arguments, and build a deep understanding of a variety of issues (Maulina Wayudi, Suwantno, 2019). The psychological perspective of Islamic education emphasizes the importance of the development of the intellect and heart in a balanced manner, where intellectualism does not only focus on logic and empirical evidence, but is also guided by moral and spiritual values (Arifin, 2019).

### 3.3 Factors That Affect Adolescents' Ability to Think Critically

Critical thinking is a very important ability for teenagers in facing various life challenges (Novianti, 2020). Family is one of the components that affect adolescents' critical thinking skills. In the family, parenting that supports independence and open dialogue between parents and children is very influential (Martika, 2017). When youth are given space to express opinions and ask questions, they learn to develop critical thinking. Families that encourage discussion and facilitate access to a variety of information resources will assist adolescents in improving their analytical abilities.

Educational factors also have a significant role in influencing adolescents' critical thinking skills. Schools that adopt active and collaborative learning methods, as well as encourage students to explore different points of view, can help in the development of critical thinking (Ritonga & Napitupulu, 2024). Teachers who provide intellectual challenges and encourage students to think deeply will encourage students to develop better analytical and evaluation skills. Adolescents who have broad access to the internet and various information media have a greater opportunity to explore various ideas and concepts. However, It is very important for them to have good digital literacy skills so that they can critically filter information and avoid bias or misinformation (Cahyani et al., 2024).

Intrinsic factors such as teenager motivation and curiosity play a major role in the development of critical thinking. Adolescents who have high curiosity and motivation to understand

the world around them will be more likely to develop critical thinking skills (Azis, 2017). Education that builds confidence and provides opportunities for adolescents to explore their interests and talents will support this development. These factors work synergistically and influence each other, creating an environment that supports the development of critical thinking in adolescents.

Group discussions are a common technique for improving critical thinking. (Salsabilla, 2023). Students have the opportunity to participate in group discussions to share ideas, debate, and reach a shared understanding of a particular topic. It improves their social skills as well as broadens their thinking by witnessing different perspectives and methods.

To improve students' critical thinking skills, problem-based learning is also very effective (Redhana, 2013). Problem-based learning requires students to solve problems or challenges through research, analysis, and evaluation. This process enhances their ability to analyze data, make hypotheses, and find solutions to a given problem Learning often relates to students' daily lives, which makes it more engaging and relevant to students (Gunawan, 2012).

Problem-solving strategies are also important to improve students' ability to think critically. This strategy helps students discover, analyze, and solve complex problems, teaching them to look at problems from different perspectives, create solution plans, and assess outcomes (Ni Kadek Ayu Suatini, 2019). Therefore, they not only acquire analytical skills, but also acquire the ability to handle challenges with confidence. To improve students' ability to think critically, problem-solving strategies are also very important. This strategy helps students discover, analyze, and solve complex problems, teaching them to examine problems from different perspectives, create solutions, and assess the results (Rahman & Aslamiah, 2022). Therefore, they not only acquire analytical skills, but also acquire the ability to handle challenges with confidenceThe implementation of critical thinking analysis in the perspective of Islamic educational psychology in teenager development as shown in the figure below:
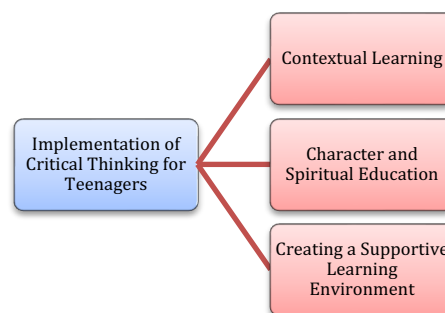


Figure 1.Implementation of Critical Thinking in Teenager

In contextual learning, it relates learning to the context of adolescents' daily lives. For example, teaching the importance of critical thinking in making decisions related to socializing, social media use, and other activities (Andri Afriani, 2018).

Then in character and spiritual education, the integration of Islamic values in character education helps adolescents develop critical thinking based on morality and ethics (Astuti et al., 2023). And the formation of a supportive learning environment is able to create a learning environment that supports the development of critical thinking with an Islamic approach. This includes providing opportunities to discuss, ask questions, and explore a variety of perspectives in an open and respectful atmosphere (Harjali, 2016).

## 4. CONCLUSION

One of the main goals of education in the 21st century is to improve critical thinking skills. Critical thinking is not only essential for rational and evidence-based decision-making, but also for forming individuals who are able to understand, analyze, and evaluate information wisely.

The development of critical thinking in adolescents is greatly influenced by various cognitive, emotional, and environmental factors that are in accordance with the basis of Islamic educational psychology. A holistic and integrated approach to Islamic education can help increase critical thinking capacity by emphasizing spiritual, moral, and ethical values in the learning process. In addition, support from family, school, and community also plays an important role in creating an environment conducive to the development of critical thinking skills. The study confirms that with the right approach, Islamic education can contribute significantly to developing critical thinking capacity in adolescents, which in turn will help them face life's challenges and become smarter and critically minded people.

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