

**Abstract**

There are about 3.45 million Muslims in the US, and the population is projected to reach 8.1 million by 2050. American Muslims follow diverse ideologies, practices, and cultural values. A few studies have explored the challenges faced by American Muslim adolescents during their period of transition from childhood to adulthood. As a part of normative growth, adolescents become increasingly aware of their surroundings and develop associations with various social groups. This knowledge perpetuates their sense of identity and influences the opportunities they incur in life. This present review culminates major empirical findings in terms of challenges faced by this population including islamophobia, dual identity development, and perceived individual and group discrimination.

**Aim of the Review**

This review evaluates the challenges faced by American Muslim adolescents and proposes directions for future research in this area

**The Great Divide: Ideological Issues**

**Islamophobia:** A recent study revealed that many American Muslim students face challenges due to negative connotation attached to their religion. However, many take it upon themselves to confront individual and systemic Islamophobia (Seward & Khan, 2016).

**Dual Identity Development:** Minority adolescents evolve through a multidimensional-development of ethnic and national identity. Social experiences such as exposure to discrimination and connotations attached to their distinctiveness stimulate further exploration, negotiation, or reexamination of their ethnic and national identity (Spiegler et al., 2018).

**Perceived Individual & Group Discrimination:** A study on adolescents between the ages of 13-18 years demonstrated that participants' reports of perceived religious discrimination are positively correlated with their perceptions of Islamophobia towards Muslims as a group. ((Balkaya et al., 2019).

**Recommendations**

1. We propose acquiring knowledge about disparate aspects of American Muslim youth in today's sociopolitical environment for psychologists who intend to work with this population. This knowledge will enable them to advocate for their patients from a well-informed position.
2. There is immense need to conduct systematic research on ways American Muslim adolescents navigate this critical growth period and its impact on their wellbeing.
3. Most of the previous studies utilized an informant to recruit participants from a single geographical area. This method of recruitment comes with the risk that readers will generalize findings due to scarcity of research in this area. Therefore, it is recommended that researchers strive to collect sample from different states to represent diversity within American Muslims.

**References**

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