

---

# BALANCING FAITH AND LEARNING: A SYSTEMATIC REVIEW ON FAITH-BASED CURRICULUM IN CATHOLIC SCHOOLS

ANSA FATIMA

RESEARCH SCHOLAR, FACULTY OF EDUCATION, INTEGRAL UNIVERSITY, UTTAR PRADESH, LUCKNOW,  
INDIA  
EMAIL: ansafatima1997@gmail.com

DR. NOORAIN ANAS

ASSISTANT PROFESSOR, FACULTY OF EDUCATION, INTEGRAL UNIVERSITY, UTTAR PRADESH,  
LUCKNOW, INDIA  
MANUSCRIPT COMMUNICATION NUMBER (MCN) IU/R&D/2025-MCN0004139  
EMAIL: ansafatim@student.iul.ac.in  
EMAIL: noorainanas@gmail.com

---

## Abstract

Education in Catholic Schools uses faith-based approaches to nurture students morally, intellectually, and ethically for their holistic growth. Catholic Education aims at nurturing the student from all backgrounds, combining faith with schooling. Such an approach also tries to deal with opposing secularization, lack of trained staff, and teacher training constraints alongside dealing with contemporary education challenges. Teaching from a faith-based educational approach is examined and so are the challenges involved through the learner focusing on the moral and character development, teacher perception, and student perception in the Catholic School context. This review literature is comprehensive and employs the PRISMA framework to identify relevant studies focused on the outcomes of a faith-based approach to education in Catholic schools. We searched between 2004-2024 across multiple databases, including J Gate, JSTOR, Science Direct, Scopus ProQuest. Initially, 968 studies were obtained, and after screening titles/abstracts, applying eligibility criteria, and assessing full texts, 26 studies were selected for detailed analysis.

**Keywords:** Catholic education, faith-based curriculum, religious education, moral education, integrated curriculum.

**SDG Keywords:** Quality Education, Reduced Inequality

---

## INTRODUCTION

### 1.1 BACKGROUND

Faith based education has historically played a very important role in shaping the intellectual development and moral development of an individual and societies. A school is a place where a child spends almost 14-15 years of their life which provide them with learning environment and basically Catholic schools have provided a distinctive learning environment where academic subjects are seamlessly integrated with religious instructions. These institutions not only focus on academic excellence, but also ethical literacy, social possibility and the development of strong compass by aligning spiritual formation with continuous academic achievement, Catholic schools aim to cultivate individuals who are not only well educated but also guided by ethical and religious principles.(Garcia-Huidobro,2017).

The impact of Catholic education extends beyond the classroom contributing significantly to the formation of responsible and engaged citizens. Previous researches says that the students enrol in Catholic schools have higher level of reasoning compare to their peers in secular institutions. (Horning, 2013). These students are more often engaged in social duties, participating in community service, ethical decision-making and leadership roles that contributes to the society. (Grace, 2009). Catholic School is also associated with implementing self discipline and ethical awareness. Fostering a sense of accountability and moral responsibility that elaborates into adulthood (Wodon 2020).

Instead of these advantages, Catholic school faces significant challenges in maintaining their faith based identity while adapting to involve educational policies and pedagogical trends. One of the major challenges is secularization and curriculum standardisation, as Catholic schools must accomplish with the national education policies while trying to preserve these religious values, governments, and educational policy makers often enforce uniform curriculum standards, which may limit the extent to religious teachings and can integrate into mainstream education (Wodon,2020).