M.A PSYCHOLOGY SEMESTER-2
COGNITIVE PSYCHOLOGY (CC5)
TOPIC: BARRIERS IN PROBLEM SOLVING

Dr. Saba Farheen

UGC NET, UGC PDF, Rajasthan SET, PhD

Part Time Assistant Professor

Department of Psychology, Patna University

Email id- sabapupatna786@gmail.com

BARRIERS IN PROBLEM SOLVING:

1. Mental Set- When a particular strategy becomes a habit, it is called a mental set. A mental set exists when people persist in using problem solving strategies that have worked in the past. It is a subconscious determining tendency. It is a part of our cognitive processes, but sometimes its content doesn't enter consciousness.

2. Functional Fixedness- Functional fixedness is the tendency to perceive an item only in terms of its most common use. It exists when there is a need to use a tool or familiar object in a novel way and one can't perceive the novel way. Functional fixedness often prevents us from seeing the full range of ways in which an object can be used.

3. Irrelevant Information- Sometimes, irrelevant information block the way of problem solving. When we are solving a problem, it is essential to discriminate what is relevant and what is irrelevant.

4. Unnecessary Constraints- Effective problem solving requires specifying all the constraints governing a problem without assuming any constraints that don't exist.

5. Anxiety- Some problems whose goal stages enhance anxiety among the person. When a person is exposed with high level of anxiety, then he will unable to solve a problem properly.

6. Lack of Incubation- When a person cannot focus on the all aspects of a problem comprehensively, then for a short period of time, he avoids the problem. This is called incubation. At that unconscious level, he thinks about the solution of the problem which helps a lot. Lack of incubation produces difficulty in problem solving.

7. Lack of Brain Storming- Brainstorming is a process in which a person has to describe all probable solutions of a problem. With this, he can present maximum ways of solving a problem. The best way can be chosen from these options. Hence, brainstorming is essential in problem solving.

8. Nature of the Problem- The problems are of two types- Well-defined problems and ill-defined problems. Well defined can be easily solved and ill- defined problems have so many hurdles in solving.

9. Span of attention- Span of attention is important for problem solving. If a person can pay attention on every aspects of a problem, then he will easily differentiate between these aspects about what are important and what are not. With this, he can solve a problem but lack of attention leads a person in not understanding the different aspects of a problem which results in solving them.

10. Lack of Training- Training also helps in problem solving. Especially the training of heuristic methods remains useful in solving a problem.