

## **Problem-solving Technique as An Antidote for Mental Health Problem**

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### **Abstract**

*Mental health problems are common in humans and can occur at any moment. However, when persistent symptoms and indicators drive regular stress and impair your ability to perform, a mental fitness issue will turn into an intellectual illness. An intellectual disability can lead to depression and interfere with day-to-day functioning, including relationships, job, and education. Most of the time, medications combined with talking therapy (psychotherapy) can be used to treat symptoms. A problem-solving treatment gives patients the tools they need to identify and resolve issues resulting from both major and little lifestyle pressures. Its goal is to improve people's quality of life in general and lessen the detrimental consequences of physical and mental illness.*

**Keywords:** Problem-solving Techniques, Mental Health

### **Introduction**

We all face tough decisions and problems in our day-to-day lives. Some problems are pretty small and handy to resolve, while others can require some considerable effort and time to work through and

sort out. Problem-fixing is a skill you can develop. Whether the trouble is small, medium, or large, it is beneficial to have a fundamental plan for working matters out and figuring out a path of action. Humans are notable problem solvers, born with an innate ability to discover solutions to everyday challenges. Cognitive science tells us that we often face not solely well-defined problems but, importantly, many that are sick (Eysenck & Keane, 2015).

Sometimes, we discover ourselves unable to overcome our everyday troubles or the inevitable (though optimistically infrequent) existence traumas we face. Mental illness, additionally known as mental fitness disorders, refers to a broad variety of intellectual fitness prerequisites—issues that has an effect on your mood, thinking, and behaviour. Examples of mental illnesses consist of depression, anxiety disorders, schizophrenia, eating problems, and addictive behaviours. Problem-solving therapy aims to limit the incidence of and have an impact on intellectual fitness issues and enhance wellness with the aid of supporting purchasers who face life's difficulties (Dobson, 2011).

### **Problem-solving Technique**

While we are born problem-solvers, going through a fairly diverse set of challenges daily, from time to time we want support. Problem-solving therapy pursuits to decrease stress and related intellectual fitness problems and improve wellness by enhancing our capability to cope PST is treasured in numerous scientific settings, ranging from melancholy to schizophrenia, with lookup suggesting it as an especially high-quality cure for teaching coping techniques and lowering emotional distress. Many PST strategies are reachable to assist in improving clients' high-quality outlook on limitations while decreasing the avoidance of hassle situations and the tendency to be careless and impulsive.

The PST mannequin normally assesses the client's strengths, weaknesses, and coping techniques when going through issues earlier than encouraging a healthy experience of and relationship with

problem-solving. In order to efficiently remedy a problem, it is often necessary to comply with a collection of steps. Researchers from time to time refer to this as the problem-solving cycle. While this cycle is portrayed sequentially, people rarely comply with an inflexible collection of steps to find a solution.

The following steps include developing strategies and organising knowledge.

### *1. Identifying the Problem*

Even though it can seem like a no-brainer, it's not always easy to figure out what the issue is. Sometimes people will identify the incorrect cause of an issue, rendering attempts to remedy it ineffective or even pointless. Some strategies that you might use to figure out the source of a problem include :

- Posing queries on the issue;
- Dividing the issue into manageable chunks;
- Considering the issue from several angles
- Carrying out studies to determine the correlations between various factors

### *2. Defining the Problem*

In order to tackle the problem, it is critical to clearly identify it after it has been discovered. An issue may be defined by outlining all of its components operationally and establishing objectives for the areas you will focus on. You should now concentrate on determining which portions of the issues are views and which are facts. Clearly state the issue and indicate the extent of the proposed remedy.

### *3. Forming a Strategy*

After the problem has been identified, it is time to start brainstorming potential solutions. This step usually involves generating as many ideas as possible without judging their quality. Once several possibilities have been generated, they can be evaluated and narrowed down.

Creating a plan to address the issue is the next stage. The strategy employed will change based on the circumstances and the particular preferences of the person. Common approaches to solve problems are algorithms and heuristics.

- Heuristics are mental quick cuts that are frequently derived from previously successful solutions.
- Step-by-step procedures that are guaranteed to yield an accurate result are known as algorithms, and they are frequently the best option if you need a quick answer.

They can be effective if the problem is comparable to anything you have experienced previously. Although this method is quite accurate, it can be time- and resource-consuming.

When time is of the essence, heuristics are typically the best option; however, algorithms are a superior option when a decision needs to be made as accurate as possible.

#### *4. Organizing Information*

Before coming up with a solution, you need to first organize the available information. What do you know about the problem? What do you *not* know? The more information that is available the better prepared you will be to come up with an accurate solution.

When approaching a problem, it is important to make sure that you have all the that data you need. Making a decision without adequate information can lead to biased or inaccurate results.

#### *5. Allocating Resources*

Evidently, there are situations when we lack the finances, time, and other assets critical to find a solution. You ought to determine how essential a hassle is earlier than you could start to cope with it. If the difficulty is significant, it's miles most probable worthwhile to dedicate extra sources to its resolution. Then again, you don't want to devote

an excessive amount of your time to be had resources to finding a solution if the difficulty could be very insignificant.

It is critical to take into consideration each issue that could have an effect on the current problem at this factor. This involves analyzing the sources which are to be had, the dates that must be fulfilled, and any capability risks related to each choice. Following a radical evaluation, an election could be taken on either

#### *6. Monitoring Development*

After deciding on a hassle-solving method, it is time to place the plan into movement and notice if it works. This step might contain attempting out special answers to peer which one is the maximum effective. It is also essential to screen the situation after implementing a approach to ensure that the hassle has been solved and that no new problems have arisen on account of the proposed solution. powerful trouble-solvers generally tend to monitor their progress as they paintings toward a solution. If they are not making proper development toward attaining their goal, they'll re-evaluate their method or look for new strategies.

#### *7. Evaluating the Consequences*

After an answer has been reached, it is important to evaluate the results to decide if it's far the best possible method to the trouble. This evaluation could be instantaneous, such as checking the effects of a math problem to make sure the answer is correct, or it could be delayed, together with evaluating the success of a remedy software after several months of treatment.

Trouble-fixing remedy is primarily based on a version that takes into consideration the importance of actual-lifestyles trouble-solving. In different words, the important thing to dealing with the impact of stressful existence events is to recognise the way to deal with troubles as they get up. problem-solving remedy could be very practical in its technique and is purely involved with the present, in preference to

delving into your beyond. This form of therapy can take place one-on-one or in a group format and may be offered in person or online via telehealth. Sessions can be anywhere from 30 minutes to two hours long. Problem-solving therapy can be used to treat depression, among other conditions.

Cuijpers P, Wit L de, Kleiboer A, Karyotaki E, Ebert DD. Problem-solving therapy for adult depression: An updated meta-analysis. It can be administered by a doctor or mental health professional and may be combined with other treatment approaches.

Problem-solving Therapy assumes that mental disorders arise in response to ineffective or maladaptive coping. By adopting a more realistic and optimistic view of coping, individuals can understand the role of emotions and develop actions to reduce distress and maintain mental wellbeing (Nezu & Nezu, 2009).

“Problem-solving therapy (PST) is a psychosocial intervention, generally considered to be under a cognitive-behavioral umbrella” (Nezu, Nezu, & D’Zurilla, 2013, p. ix). It aims to encourage the client to cope better with day-to-day problems and traumatic events and reduce their impact on mental and physical wellbeing.

Clinical research, counseling, and health psychology have shown PST to be highly effective in clients of all ages, ranging from children to the elderly, across multiple clinical settings, including schizophrenia, stress, and anxiety disorders (Dobson, 2011).

### **Mental Health Problems**

Mental Health problems are difficult experiences that makes it harder for us to get on with our lives. They include the painful feelings and thoughts that we all have at times – including periods of sadness, hopelessness and fear.

Mental health problems are not a weakness - they are just responses to what is happening, and what has happened, to us and around us.

For example, we might feel tense, worried and afraid – a common experience often described as ‘anxiety’. This might affect our sleep, eating, work, studies and dealings with people in our lives, as well as alcohol and drug use. Other people might not know how we’re feeling, unless we tell them.

Getting help from different human beings and looking after our mental fitness can help us get past issues like this and prevent them from turning into extra-serious or lengthy-term ones. Changing our lives to tackle the reasons for our distress may even assist if that is possible. Most people who have problems with their mental health can recover from them or learn to live with them, especially in the event that they get assistance early on.

Some intellectual fitness problems cause us more serious distress and problems with our lives and can continue for years. As an example, listening to and seeing matters that others can’t see or believing that different human beings are out to get us can cause conflicts with different human beings. As a result, we can also lose jobs, friends, infants, housing, and even our liberty and lives.

### **Classes of Mental Illness**

The main classes of mental illness are:

- **Neurodevelopmental problems.** This class covers a huge variety of troubles that typically begin in infancy or adolescence, regularly earlier than the kid starts grade school. Examples include autism spectrum disorder, interest-deficit/hyperactivity ailment (ADHD) and learning problems.
- **Schizophrenia spectrum and different psychotic problems.** Psychotic problems purpose detachment from fact — along with delusions, hallucinations, and disorganized concept and speech. The maximum incredible instance is **schizophrenia**, despite the fact that other lessons of problems may be related to detachment from truth at times.

- Bipolar and associated problems. This elegance includes problems with alternating episodes of mania — durations of immoderate pastime, energy and excitement — and despair.
- Depressive disorders. those include disorders that affect the way you sense emotionally, which include the level of disappointment and happiness, and they are able to disrupt your capability to function. Examples of this consist of primary depressive sickness and premenstrual dysphoric disease.
- Anxiety Issues. Anxiety is an emotion characterized by the anticipation of destiny danger or misfortune, together with immoderate disturbing. It may encompass conduct aimed at warding off conditions that motive anxiety. This class consists of generalised tension ailment, panic sickness and phobias.
- Obsessive-compulsive and related issues. Those disorders contain preoccupations or obsessions and repetitive ideas and movements. Examples encompass obsessive-compulsive disease, hoarding disease and hair-pulling ailment (trichotillomania).
- Trauma- and stressor-related disorders. These are adjustment issues in which a person has problem coping all through or after a traumatic lifestyles occasion. Examples include publish-stressful strain ailment (PTSD) and acute strain disorder.
- Dissociative issues. These are disorders in which your sense of self is disrupted, along with with dissociative identity sickness and dissociative amnesia.
- Somatic symptom and associated disorders. Someone with such a disorders may also have physical symptoms that reason foremost emotional distress and issues functioning. There can also or might not be every other recognised medical situation associated with these signs and symptoms, but the response to the signs and symptoms isn't always normal. The disorders include somatic symptom sickness, infection tension sickness and factitious disease.



- Feeding and consuming problems. those issues include disturbances associated with consuming that impact nutrition and fitness, such as anorexia nervosa and binge-ingesting disorder.
- Elimination issues. Those issues are related to point removal of urine or stool with the aid of accident or on motive. Mattress-wetting (enuresis) is an instance.
- Sleep-wake disorders. Those are issues of sleep intense sufficient to require scientific interest, which include insomnia, sleep apnea and stressed legs syndrome.
- Sexual dysfunctions. those consist of issues of sexual response, including untimely ejaculation and female orgasmic disorder.
- Gender Dysphoria. This refers to the misery that accompanies a person's stated preference to be another gender.
- Disruptive, impulse-manage and behaviour disorders. Those problems consist of troubles with emotional and behavioural willpower, along with kleptomania or intermittent explosive disease.
- Substance-related and addictive disorders. These encompass issues associated with the immoderate use of alcohol, caffeine, tobacco and drugs. This class additionally includes playing sickness.
- Neurocognitive Issues. Neurocognitive disorders affect your capacity to assume and motive. Those acquired (as opposed to developmental) cognitive problems include delirium, as well as neurocognitive issues as a result of situations or illnesses which includes annoying brain damage or Alzheimer's sickness.
- Persona Disorders. A character disease includes a lasting sample of emotional instability and bad behaviour that causes issues in your lifestyles and relationships. Examples include borderline, antisocial and narcissistic personality issues.
- Paraphilic Disorders. These disorders include sexual hobby that causes non-public distress or impairment or causes ability or

- actual harm to some other person. Examples are sexual sadism disease, voyeuristic disorder and pedophilic sickness.
- other mental problems. This class includes intellectual problems which are on account of other medical situations or that don't meet the total standards for one of the above disorders.

### **Symptoms of Mental Illnesses**

Depending on the condition, the environment, and other variables, mental illness symptoms can take many different forms. Emotions, ideas, and behaviours can all be impacted by mental disease symptoms. Signs and symptoms examples include:

Feeling depressed or hopeless, having trouble focusing or thinking clearly, having excessive concerns or anxieties, or experiencing intense guilt, having wildly fluctuating mood swings, withdrawing from friends and activities, being extremely exhausted, having little energy, or having trouble falling asleep:

- Delusions, paranoia, or hallucinations resulting in disassociation from reality.
- Incapacity to manage day-to-day issues or stress.
- Difficulties comprehending and reacting to people and circumstances.
- Alcohol or drug use issues.
- Significant dietary changes; Suicidal thoughts.
- Changes in sexual desire.
- Excessive rage, hatred, or violence.

Sometimes physical issues, such as headaches, backaches, stomachaches, or other inexplicable aches and pains, are signs of a mental health illness. Prevention and Steps to Problem Solving Techniques.

To accomplish the following problem-solving therapy objectives, PST creators D'Zurilla and Nezu recommend a 14-step process (Dobson, 2011):

The following is part of D’Zurilla and Nezu’s model (adapted from Dobson, 2011):

***Initial structuring***

Establish a positive therapeutic relationship that encourages optimism and explains the PST approach.

**1. Assessment**

Formally and informally assess areas of stress in the client’s life and their problem-solving strengths and weaknesses.

**2. Obstacles to effective problem-solving**

Explore typically human challenges to problem-solving, such as multitasking and the negative impact of stress. Introduce tools that can help, such as making lists, visualisation, and breaking complex problems down.

**3. Problem orientation – fostering self-efficacy**

Introduce the importance of a positive problem orientation, adopting tools, such as visualization, to promote self-efficacy.

**4. Problem Orientation – recognising problems**

Help clients recognize issues as they occur and use problem checklists to ‘normalize’ the experience.

**5. Problem orientation – seeing problems as challenges**

Encourage clients to break free of harmful and restricted ways of thinking while learning how to argue from another point of view.

**6. Problem orientation: using and managing feelings**

*Assist clients with comprehending the function of emotions in problem-solving, including how to control disruptive emotions with techniques like cognitive reframing and relaxation techniques, as well as how to use feelings to guide the process.*

**7. Problem Orientation: Take a moment to reflect**

*Show clients how to visualise a stop sign or traffic light to help them become less impulsive and avoidant.*

**8. Formulation and Characterization of the Problem**

*Set attainable goals and objectives and promote an awareness of the nature of challenges.*

**9. Alternatives Creation**

*Assist customers in realising the vast array of possible answers to any issue by using techniques like brainstorming.*

**10. Making Decisions**

*Promote enhanced decision-making by raising awareness of the potential ramifications of choices as well as the worth and probability of various outcomes.*

**11. Implementing and Verifying the Solution**

*Teach clients how to apply problem-solving questions and guidelines quickly in any given situation.*

**Conclusion**

A broad spectrum of mental health illnesses that impact your emotions, thoughts, and behaviour are collectively referred to as mental illness, often known as mental health disorders. Anxiety disorders, eating disorders, schizophrenia, depression, and addictive behaviors are a few examples of mental illnesses.

Many people occasionally have mental health issues. But persistent symptoms that impair your capacity to perform and create frequent stress turn a mental health problem into a mental disorder.

A mental disease can lead to misery and interfere with day-to-day functioning, including relationships, job, and education. Most of the time, talk therapy (psychotherapy) combined with medication can treat symptoms.

The goal of problem-solving therapy is to enhance wellness by lowering stress and related mental health issues.

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