Examining problem solving skills in life

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Abstract
The purpose of this research is to investigate solving the problem of a basic skill for life in today's age. We all sometimes face challenges and problems in life. In dealing with these difficulties, it is comforting to have the resources and skills to help us deal with our problems in the best possible way. Problem solving is a skill you can use when planning to deal with problems. Use it in life. One of the most important skills in life is problem solving skills.
Keywords: Problem solving, problem solving ability, problem solving training, life skills

Introduction
Today, despite deep cultural changes and changes in lifestyles, many people lack the necessary and basic abilities to face life's problems, and this has made them vulnerable in facing the problems of daily life. Today, researchers have clarified very important points by examining the coping strategies of successful and unsuccessful people. These studies have shown that those who successfully deal with problems are people who have equipped themselves with a set of coping skills. (Klineh, translation: Shahram Mohammadkhani, 2015) Problem solving is a vital skill for life in today's age and one of the most important thinking processes that helps people to deal effectively with life's problems and challenges; Therefore, this skill plays an important role in people's mental and social health. Humans need to learn some skills to cope with stressful situations and conflicts in life. Problem solving, skills (Izadifard, Sepasi Ashtiani, 2019) One of the most important skills that can maintain and strengthen the growth and mental health of people in the face of problems is problem solving skills. So that people unable to solve the problem may not only make the problem bigger and more complex by taking ineffective solutions such as using drugs to relax, smoking to focus, dropping out of school due to the inability to solve academic problems, etc. (Montager et al., 2018) problem-solving training provides a process to find answers, and as a result, it is effective in changing behavior and increases a person's understanding of the effectiveness of his behavior. (Vakili, 1386)

Definition of problem solving
Problem solving is a cognitive process to find the right solution to achieve goals. (Baban Gard, 2004). Problem solving is the process of discovering and sequencing the correct ways that lead to a goal or a solution. When a person faces a problem, he must overcome the obstacles or problems in reaching his goal. Control its emotional impact well. The ability to solve problems is one of the factors that moderate the effects of negative events in life and it refers to the attitude, skills and abilities that enable a person to choose an effective and adaptive solution to any problem in life. , (Khoshnavai Fomeni et al., 2012)

problem solving process
The problem solving process consists of five steps: self-awareness, defining the problem, making a list of different solutions, deciding on the most suitable solution, and testing the chosen solution.

1-Self-awareness: The first step in successfully solving problems is to cultivate this perception and belief that "I can solve my problem". Successful problem solvers consider problematic situations as a part of life and are aware of the fact that a logical and calm confrontation with important challenges is better and better than an impulsive and mindless dealing with problems. To develop a problem-solving attitude in yourself, you must be able to say to yourself, "Part of life is to face problems. When we face problems, I should be calm and cool and rely on my problem-solving skills to choose the best possible solution." .

2_ Definition of the problem: The first thing you can do when facing a threat or challenge is to know the problem. Identify the main problems and conflicts and then make a list of your goals. At this stage of problem solving, supportive people such as friends and family members can be helpful and effective by encouraging you to adopt an objective attitude and consider all aspects of the problem.

3- Preparing a list of different solutions: It is at this stage that you determine plans A, B, C. To create good plans and programs, you must be flexible. Before choosing a course of action, it is better to check all possible solutions. Write down every possible plan that works best. Try to be creative and come up with as many solutions as you.

4- Decision Making: After you have spent enough time defining the problem and considering different solutions, you are now ready to decide on a course of action. If you have a complete understanding of the problems you are facing and have prepared a list of different solutions, it will be much simpler and easier to make a decision.

5-Testing the selected solution: If the solution you have chosen to solve the problem is successful, what is better, otherwise, you should review the steps of solving the problem again (Klineh, translation: Shahram Mohammadkhani 2015).

The current era and the need to teach problem solving
Today, when faced with new issues, using formal thinking and conventional and traditional methods are not useful. One of the path-breaking skills in today's life is problem-solving skills.
Social damage has been on the rise all over the world in the last few decades. Alarming statistics in this field have prompted experts to investigate this problem and find a solution for it. The results of these investigations show

It shows that many social harms are caused by the lack of life skills to effectively deal with problems. (Mossavi et al. 2015) On the other hand, in the current world, technology is advancing rapidly and human information is being added every moment; But it seems that this increase in knowledge in some cases causes tension in human life, and it is not possible to get away from tension completely, but one must learn ways to deal with them. Knowledge and technology in the 21st century are at the highest level. Levels have been reached in the history of human knowledge and stunning developments and changes in various social, economic and political dimensions. brought culture and especially the production of science and knowledge; A wealth of information and steps taken to create a global village methods of facing emerging issues and coordination and adaptation to changes; And the evolution of communication and the pressures caused by environmental conditions are types of issues and problems of the new age that require special skills to face them. The skills that can lead to a healthy and cheerful life with peace, growth and efficiency. Humans need education to have a healthy body and a calm mind, to establish social relationships and to solve life's problems. (Fundazadeh, 2016) Life skills training enables a person to transform his knowledge, values and attitudes into actual abilities; It means that a person knows what to do and how to do it. Life skills lead to increased self-confidence. Also, it affects a person's feelings about himself and others, as well as others' perception of him. (World Health Organization, 1379) One of the most important skills in life is problem solving skills. (Agriculture, Ghafourian, 2018) Problem solving is a form of coping focused on the problem and consistent, and leads to certain targeted policies by which people define the problem, produce different solutions, and make decisions. And they do a solution. Problem solving training is a therapeutic metho through which a person learns to use his set of effective cognitive skills to deal with problematic interpersonal situations. The problem solving approach can be a tool to face many situational problems and solve them. Problem solving is often described with terms such as independence, competence, and self-confidence that the occurrence of stressful events in people's lives, along with the inability to use problem-solving skills, leads to ineffective coping strategies, and not only previous problems are not solved, but problems And it also raises new issues that the results of many studies show a stable relationship between the number of stressful events in a person's life and his physical and emotional health. (Atkinson, Atkinson and Hilgard, 2002, translated by Brahni et al.) In many ways, teaching problem solving skills can be seen as a process of helping people to grow and, as a result, increase the possibility of effective coping in a wide range of situations. During this process, people discover, create or identify effective coping resources with life's stressful events, which is one of the advantages of this method of implementing it in the form of individual and group therapy. Problem solving training allows a person to recognize his own and others' emotions, to know how emotions affect behavior, and to be able to show an appropriate reaction to different emotions. (Khoshe Chin et al. , . 2017

Discussion

Numerous studies show that weakness and inability in problem solving skills are related to health, social and cultural problems. Also, the more a person has the ability to solve problems, the more successful and healthy he will be. It is the training of cognitive and behavioral skills that help a person to identify the most effective solution to the problem and deal with the problems in the future in an effective way. It has many everyday problems and people have no choice but to deal with them, and it seems that avoidance patterns make people not engage with issues, and because of this, their unresolved problems accumulate and increase. On the other hand, the low rate of use of useful models such as creativity, approach and trust in problem solving by teenagers also causes their everyday small and large problems to pile up and this increase in problems leads to a decrease in their mental health. . Therefore, it is necessary to make efforts to equip them with problem solving strategies through such training. Whatever the power to decide and choose the way If the desired solutions increase in learners, they will solve their daily needs more easily and will be more successful. Life helps and is one of the most basic programs, and schools play an important role in informing teenagers and teaching them life sciences.

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