Problem Solving: Assignment 2

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**Introduction**

Every person faces a number of problems at every stage of life. These problems often challenge the individual and bring out the best in that person. Finding a solution to the problem is known as problem-solving process. It includes identification of the problem in the first place and them analyzing it (Gdrc, 2016). In addition to this, the analysis of the problem takes a person towards different options. A person can then easily choose from all the available options and go for the best solution available according to the problem. The following research paper will look into the details of a problem with respect to the six steps of the problem-solution process.

**Discussion**

 For the completion of this assignment, I have chosen option three or scenario three. The specific reason for choosing this scenario is that this scenario contains a number of problems to be resolved.

**Problem Definition**

The person in the scenario is managing two jobs, at different timings, with two academic courses. One of them is a regular class, and the other one is online. He or she has two children, which they have to look after. One is a soccer player, and the other one performs in a band. The person also looks after their parents, who love with them and cannot drive.

**Analysis of the Problem**

The problem, or most appropriately, the number of problems that are being faced by a single person in this scenario, shows that a person is facing responsibility overload (Watanabe, 2010). The responsibilities of a person during this whole scenario are immense, and he or she has to play multiple roles to get the cart rolling. He or she is handling two jobs at the same time with their education. They have to look after their family as well, which includes two children and two parents as well. The parents are no help as they are elderly and do not know how to drive as well. It is not advisable to leave both the parents and the children alone as both are at risk of hurting themselves.

In addition to this, it is clear from the textual discussion that overloading an individual with responsibility not only causes mental stressing but also affects his or her physical health (Watanabe, 2010). The blood pressure or the cholesterol levels in that person’s body are raising which is resulting in weight gain or obesity. The wordings of the problem also make it clear that the person going through all these issues has one more problem that is the financial crisis.

**Generating Possible Solutions**

If looked closely, the scenario defines that it is not a single problem; in fact, the person is going through a lot of problems (Robbins, 2014). The number of issues defined in the problem statement or the whole scenario shows that the most basic or the biggest issue out of all these is time management. The person who has been overburdened by all the responsibilities cannot find time to fulfilling these responsibilities. He or she has to give time to both his jobs and continue his courses or academic life as well. In addition to this, he or she also has to look after the children and parents who are living with them.

 One of the solutions to all these issues can be that the person asks his or her partner to help them out with all these issues, especially regarding family matters. The partner can take care of parents as well as attend the soccer match. In addition to this he or she can also conduct the fundraising activities for the band of one of the child. The person can also call one of their siblings to come and live with them and help them out with family responsibilities and household chores. One of the other possible solutions can be that the personal sacrifices one of his activities from their daily routine. He or she can either leave one of the jobs or drop one course that they are taking online so that they can concentrate on the rest of the activities in their life. Another solution could be leaving the parents in a nursing home or daycare center, where they can stay for the day or a longer period of time.

**Evaluation of These Solutions or Options**

The first solution that the person facing these issues should ask their partner to jump in and give help, especially regarding family matters. This can significantly help the person in focusing and concentrating on the other chores of their daily routine. The second solution to these sets of problems, calling a sibling to come and live with them, would also be helpful as the person can be free from the family responsibilities and can pay more attention to their career and academic goals.

 The third solution for the problem is is to take a break from one of the activities and restart it only after the currently ongoing activity is finished. In fact, the third option stands to be the most appropriate and practical (Whimbey, Lochhead, & Narode, 2013). Asking the partner for help or calling the siblings for living together will only help in sharing the family or domestic responsibilities, but dropping one of the jobs or online courses will help in lowering the stress and providing better focus on one of the jobs and degree as well.

**Selection of Best Solution or Decision-Making**

After careful evaluation of all the options, the best possible solution, which can be seen in this case, is that the person facing these issues should give some sacrifice and leave one of the activities. It does not require much to be done; he or she should only drop the online course that they are attending (Hicks, 2013). It will make the schedule or the daily routine much flexible and will create space for that person to indulge in other activities as well.

 In addition to this, the person should also ask for help from their partner and siblings. It would also give a relief to the individual from the responsibilities of the family, including parents and children. If not fully, the partner or sibling will share the responsibility too much extent and it will result in the reduction of stress and anxiety levels from the mind of the person.

**Implementation of the Final Decision and Reflection**

The implementation of the best possible solutions after careful analysis and evaluation shows that the person should go for dropping or leaving the online course that they are attending. He or she would see a clear change in their routine. It would make their routine much flexible and less-hectic. The health issues being faced by the individual that is due to the stress and anxiety will also reduce. He or she will see a clear change in their health and moods.

**Conclusion**

 Hence, in a nutshell, it can be seen that every problem can be solved in an efficient and effective manner; only a little concentration and analytical ability is required. The six steps of problem-solving prove to be extremely helpful in this case. They help a person to analyze the issues deeply. Moreover, these issues also assist a person to categorize the problem with respect to priority that should be given to each and every step of the problem. This would help the person is looking for a number of appropriate options for the solutions of the issue and then go for the best possible solution to this problem. However, these six steps are effective and generate powerful results only if they are well-applied according to the scenario of the problem.

**References**

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