

Problem Solving Effective Methods



Learning Objectives



Develop an analytical and innovative attitude



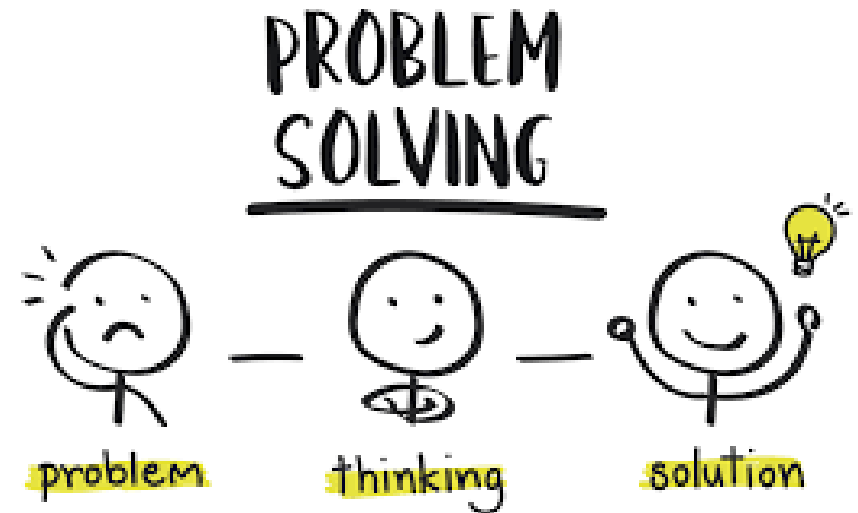
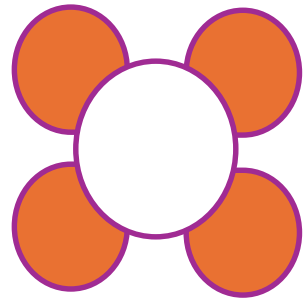
Identify root causes and effective methods of problem solving



Learn to apply the problem tree in solving the problem at hand

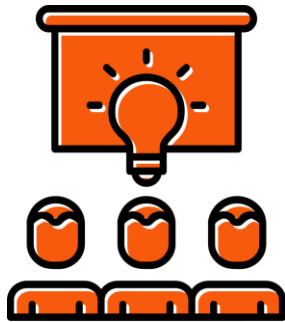
What is Problem Solving?

“Problem solving ability involve the capacity to overcome challenges and achieve objectives.”



Problem Solving Methods

**Brainstorming
Method**



**Identify the root
problems**



**Problem Tree
Method**





Brainstorming Method

“A group technique to generate ideas without criticism first.”



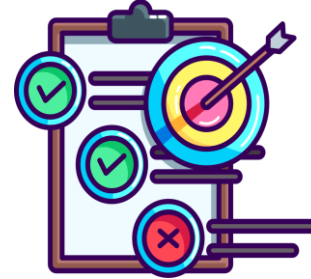
Brainstorming Steps



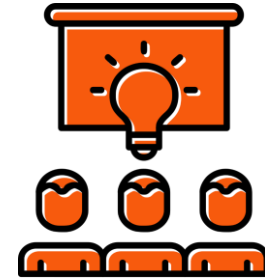
1. Form a group



2. Set basic rules



3. Set goals and focus



4. Start brainstorming session



5. Ask participants to think freely



6. One person facilitates



7. Write down all ideas



8. Evaluate ideas



Problem Tree Method

“A technique for finding the cause and effect of a problem.”



Benefits of Problem Tree Analysis

1. Formulate the main problem



2. Analyze the cause of the problem in detail



3. Analyze the impact of the problem



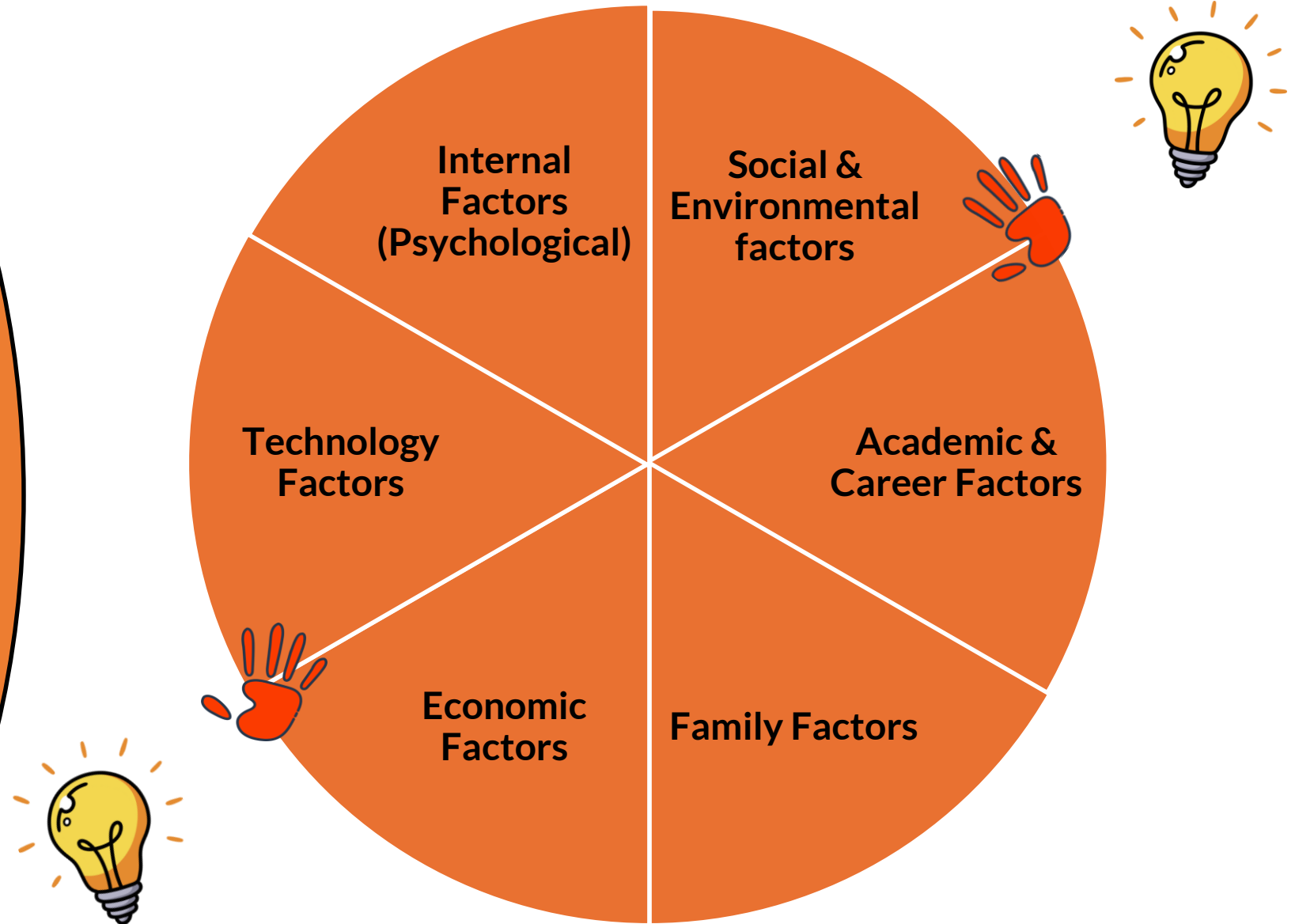
4. Find effective solutions



Example:

***Major problem (stem): “Increasing rate of mental health problems among youth**

***Cause (Root) are as follows:**



Social and Environmental factors



1. Social media pressure (social comparison, cyberbullying)



2. Social isolation and lack of peer support

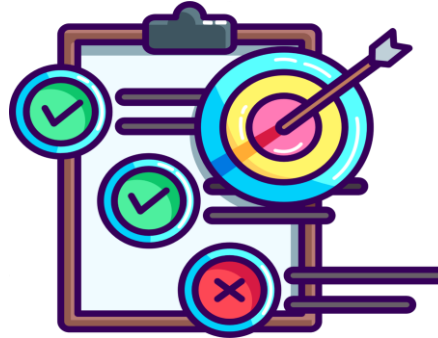


3. Stigma against mental illness that inhibits help-seeking

Academic and Career Factors



1. High academic pressure (grade demands)



2. Career and future uncertainty.



3. Lack of balance between academic and personal life

Family Factors



1. Unharmonious family relationships

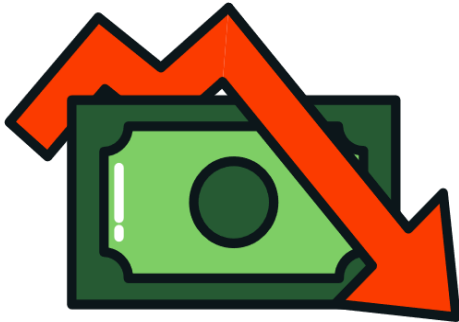


2. Lack of open communication about mental health



3. Unrealistically high expectations from the family

Economic Factors



1. Financial difficulties
(living expenses,
education,
unemployment)



2. Inability to access
health services



3. discrimination in
seeking employment or
gaining access to
education

Technology Factors



1. Addiction to gadgets and social media



2. Exposure to negative or age-inappropriate content on the internet



3. Lack of digital literacy and screen time management

Internal Factors (Psychological)



1. Lack of stress and emotion management skills



2. Low self-esteem and self-confidence



3. Unaddressed childhood trauma or bad experiences

Impact (Leaf)



- Decreased academic performance and productivity.
- Impaired interpersonal relationships (family, friends and partner).
- Increased risk of suicide or self-harm behaviors.
- Decreased quality of life and general happiness



Stages of Problem Solving (Polya, 1973)



Understand
the
Problem



Develop a
Plan



Solve the
problem



Evaluate
Results

World Vision

INDONESIA

Wahana Visi Indonesia bermitra dengan World Vision yang mendukung KOICA PMC Project yang bertujuan untuk meningkatkan Rehabilitasi Sosial bagi Remaja Rentan di Indonesia yang di inisiasi oleh Korea Institute for Development Strategy (KDS), ReBach Internasional dan World Vision Korea dan didanai oleh Korea Cooperation Agency (KOICA)

KOICA
Korea International
Cooperation Agency

KDS Korea Institute for
Development Strategy

RE:BACH
international

World Vision



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