

# Incubation

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**The effect of Incubation**

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### **The effect of Incubation**

Have you ever abandoned a problem for a length of time and then returned to it only to find that the difficulty has vanished or that the solution has appeared out of nowhere? According to a recent study (Gilhooly, 2016), creative issue solving, which necessitates unique solutions, is frequently viewed as implying a unique role for insensible activities, which can result to spontaneous innate solutions when a problem is abandoned during incubation periods. According to Sio, incubation is a stage in the problem-solving process when consciousness is diverted from the work at hand and focused on something else. The entire time consumed on each problem is averaged throughout the situations, and the incubation interval is regularly filled with independent activities to keep the issue from attracting conscious again (Brodt, 2018). Therefore, the incubation period is critical since it is during this time that creative inspiration or a solution to a problem emerges (Henok, 2020). Even if some experimenters have shown enhanced solution outlays following an incubation period, others are not able to realize effects. This paper proposes that incubation has a favorable effect, with varying thinking activities gaining more from it than semantic and visual intuition tasks. It was hypothesized that positive mood increased the amount and scope of available thoughts on a given day; those additional thoughts would incubate overnight, boosting the likelihood of creative thinking the next day, resulting in the incubation effect. As a result, the paper establishes the effects of moderators on incubation effect dimensions, such as problem category, existence of solution-relevant or deceiving cues, and extent of preparation and incubation intervals.

### References

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