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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. In many instances, problem tends to be solved through immediate perceptions and insights. According to Sio, incubation is a phase in the problem-solving procedure that mainly concerns consciousness. The process entails diverted attention from the work at hand and focused on something else. The creativity, urgency, and degree of accuracy in problem solving depends on the level of difficulty and the period of consciousness needed. 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). Time lapse is believed to be an ideal tool for supporting problem solving through transformation of memory elements. However, too much time does not project additional benefits and may pose accurate impact on problem solving ability. Therefore, the incubation period is critical since it is during this time that creative inspiration or a solution to a problem emerges. 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. A reliable incubation effect can be obtained when participant makes additional efforts to address the problem prior to interpolate break period. But, withdrawing attention to the issue reduces chances for attaining accurate solution (Henok, 2020). It was hypothesized that positive mood increased the amount

and scope of available thoughts on a given day; those additional thoughts would incubate within a minute, boosting the likelihood of creative thinking, 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.

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