

# Association of critical thinking and problem solving among rural adolescent girls

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■ **ABSTRACT** : Critical thinking is the ability to analyze information and experiences in an objective manner. It can help us to recognize and assess the factors that influence our attitude and behaviour, such as media and peer pressure influence. Problem solving enables us to deal constructively with problems in our lives. Significant problems that are left unresolved can cause mental stress and give rise to accompanying physical strain. The study was undertaken to study the association of critical thinking and problem solving among adolescent girls. The sample was comprised of 132 rural adolescent school going girls from five different villages like Hassanpur, Mohie, Gahaur, Bhanaur and Mansuran. The girl students were enrolled in VIIIth and IXth classes. Results revealed that there is significant association between critical thinking and problem solving among rural adolescent girls. Problem solving ability can be improved with the improvement of critical thinking and the reason for improvement in critical thinking is the interventions provided in the form of mental games, puzzles and storytelling. With the help of these interventions adolescent's girls can cope up with stress and they can deliberately engaged in problem solving.

■ **KEY WORDS**: Problem solving, Critical thinking, Adolescents

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