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## **THE EFFECT OF "FLOW STATE" OR "FLOW OVERSHOOT" IN INTUITIVE AND HEURISTIC STRATEGIES OF COGNITION**

*Abstract: The article is devoted to explaining the "flow state". The state of flow is a special state of the psyche characterized by absolute concentration on current and creative activities, accompanied by the absence of extraneous thoughts and complete "disconnection" from external distractions. An important feature of the flow state is that a person stops thinking about anything other than the activity itself. He is so focused on the process that he does not even think about the goal and the result. Therefore, after working for some time in a state of flow, he often wonders how much he managed to do, and does not understand when it happened.*

*Key words: heuristics, intuitionism, flow, experience, distractions.*

### **Introduction**

Anyone can remember situations in their life when they were able to work with amazing productivity. At such moments, a person is completely focused on work, and the world around him does not distract him at all, as if it ceases to exist for a while. Psychologists call this phenomenon the flow state [1].

The flow state is a special state of the psyche characterized by absolute concentration on current and creative activities, accompanied by the absence of extraneous thoughts and complete "disconnection" from external distractions. Being in this state, a person ceases to notice the passage of time. In addition, he does not have to make efforts to carry out his activities [2].

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Instead of the term "flow state", the word "flow" or the phrase "flow experience" can be used to denote this concept. In English, the expressions "in the flow" (in the flow) and "in the zone" (in the zone) are used.

The author of the term and the founder of this concept is considered to be the Hungarian-American psychologist Mihai Csikszentmihalyi (author of the book "Flow: the psychology of optimal experience"). He came to the conclusion that people have been familiar with the flow state for many millennia, and in some cultures (especially in the East) it has always been given great importance [5].

### **Materials and methods**

This includes empirical methods such as modeling, fact, experiment, description and observation, as well as theoretical methods such as logical and historical methods, abstraction, deduction, induction, synthesis and analysis. The research materials are: scientific facts, the results of previous observations, surveys, experiments and tests; means of idealization and rationalization of the scientific approach.

It is worth noting that he did not come up with such an inspiring name himself. The volunteers who participated in the experiments often used the word flow ("flow" in English) to describe their condition. They said that they were being picked up and carried by a current that completely controlled the direction of their thoughts and movements, and they could only relax and succumb to this flow [3].

To better understand what the flow state is and how it manifests itself, let's look at some illustrative examples:

- The game. This is the most obvious example, because in any game a person enjoys the process itself and does not think much about the goal.

- Creativity. It is believed that it is representatives of creative professions who most often face the state of flow. While working on another masterpiece, a poet, artist or musician can disconnect from the outside world for many hours, not thinking about anything and not noticing anything around him [4].

- Dance. This is a special art form. On the one hand, the dance requires the performer to be in a state of flow, and on the other hand, it helps him to enter this state.

This applies to all dances: singles, doubles, and groups. Naturally, you can give examples of the flow state for any type of activity. And it does not always imply that a person is passionate about the process or enjoys it. Often the reason can be a strong concentration or a very big responsibility. For example, a traumatologist, conducting a complex operation, also stays in a streaming state, focusing as much as possible on his work and disconnecting from all external stimuli.

### **Results and discussion:**

The state of flow is also called "flow experience" for a reason, because the feelings and emotions experienced at the same time are quite difficult to describe. A person feels united with the part of the world that participates in his activities.

The flow state can occur in any activity, regardless of its nature, goals and objectives. It can accompany routine cleaning, working on a complex project, playing sports, participating in competitions or performing on stage.

Another important feature of the flow state is that a person completely disconnects from all extraneous experiences. These experiences are simply

incompatible with the flow state, so it is more difficult for people to enter this state.

Mihai Csikszentmihalyi named three factors that contribute to the emergence of a flow state:

- Motivation. A person should have incentives that motivate him to complete this task as best and as quickly as possible. It should be more than just material .a reward, but something that inspires him.

- Attention. A person should focus on his activities. And ideally, this should happen at the expense of natural interest, and not through volitional efforts.

- related circumstances. The high social significance of the task increases motivation, and a comfortable workplace helps you focus and work more productively.

### **Conclusion:**

The strategy and practical actions of a creative person for the acquisition and successful use of the flow state are as follows:

- high motivation. The flow state often occurs on its own when you are working on something interesting and exciting.

- focus on simple and understandable tasks. One of the main obstacles hindering the flow is a lack of understanding of how to solve the current problem. Therefore, spare no effort to set clear and solvable tasks for yourself.

- Precise planning. Your head will not be filled with unnecessary thoughts, and you will be able to focus on solving problems, and not on thinking about what and how to do next.

- Always act. The opposite of the flow state, as you might guess, is procrastination. It can be difficult to defeat it, but the first step is always simple and clear – you need to start acting.

- Protecting yourself from distractions. This advice complements the previous one. If you completely get rid of external stimuli, you can focus even on not particularly exciting work.

- to put your work in order and condition. There should also be only the chosen work in mind, i.e. the creative process.

## **Conclusions**

1. The author of the term and the founder of this concept is considered to be the Hungarian-American psychologist Mihai Csikszentmihalyi (author of the book "Flow: the psychology of optimal experience"). He came to the conclusion that people have been familiar with the flow state for many millennia, and in some cultures (especially in the East) it has always been given great importance [5].

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3. The state of flow is a special state of the psyche, which is characterized by absolute concentration on current and creative activities, accompanied by the absence of extraneous thoughts and complete "disconnection" from external distractions. Being in this state, a person ceases to notice the passage of time. In addition, he does not have to make efforts to carry out his activities [2].

4. An important feature of the flow state is that a person stops thinking about anything other than the activity itself. He is so focused on the process that he does not even think about the goal and the result. Therefore, after working for

some time in a state of flow, he often wonders how much he managed to do, and does not understand when it happened.

5. The flow state can significantly increase the efficiency of our creative activity, so anyone, especially an inventor, architect, designer, should be able to enter it whenever they need to work productively.

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