

Maximizer vs. Satisficer

Name:

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Course Title:

Assignment Name:

Instructor:

Date:

Maximizer vs. Satisficer

After completing the maximizer and satisficer instrument provided, I found out that I am a satisficer, a person who would rather make decisions quickly once my criteria are met. It is true for my personality and decision-making as I always aim to make a decision that is good enough. Contrary to maximizers' choice of opting for the best, I am always fine with what is acceptable. Satisficers are defined as individuals who are "realists" as they want what is good enough and they are happy to have one good enough option. It is also compared that maximizers are the "perfectionists" in every aspect of their lives and daily routines as they want the best of everything and they always want to know they have the best of everything. Based on their choices, it is inferred that maximizers tend to be more depressed and less satisfied with their lives whereas satisficers are more optimistic about finding the optimal choices (Galotti, 2020).

According to Barry Schwartz's research and important insights from the article, time efficiency, practicality, and satisfaction are the main decision-making factors that support my decision-making style. I value time efficiency as I consider making decisions quickly to save time and avoid the stress of prolonged deliberation. I focus on practicality more than perfection as I believe that practical and feasible solutions can be implemented easily. In addition, my focus on simplicity helps me prefer straightforward solutions that meet my criteria without unnecessary complexity. By avoiding the exhaustive search for the perfect choice, I prefer a satisfactory outcome that reduces decision-related stress and meets my needs even if the available option is not the best possible choice.

Regarding the article about happiness and decision-making, it seems to align well with the satisficing approach as it resonates with my experience by highlighting how satisficers can

achieve satisfactory outcomes without the exhaustive search for perfection and the best possible. The article emphasizes the importance of balancing effectiveness and efficiency in decision-making style by referring to satisficers weighing fewer choices, making decisions faster, and generally happier with the outcomes of their decisions. In the fast-paced world, sacrificing can be effective in work environments where practical and quick decisions are essential. This approach to decision-making style not only helps me focus on finding a “good enough” solution but also helps me not obsess over other options.

The “satisficing” concept is like when I am presented with a decision, I will consider what I want to maintain and gain from the situation and then I would choose the good option to meet my requirements and needs regarding the situation. For instance, if I go to a coffee shop and instead of reading through the menu provided by the coffee shop, I may choose what other people order. This would lead me to avail the “good enough” option but I will also fail to consider that there are better alternatives if I read the entire menu thoroughly. I personally believe that to make decisions quickly and what makes me a satisficer is my previous experiences with making decisions that help me use mental shortcuts to make quick decisions.

However, the drawback of this approach I feel is that decisions are often based on limited information which helps in day-to-day and quick decisions where basic criteria need to be met without the need I look into much detail. I am also a satisficer who tends to be motivated by the recognition and achievement in the environment I make decisions but not necessarily to fulfil my potential as compared to perfectionists who are motivated by their achievements when the personal cost to them can be enormous. Thus, in a nutshell, being a satisficer, I am satisfied as my benchmark may better suit low-important and less fatigue-causing decisions that need speed and efficiency but not elevated levels of precision.

References

Galotti, K. M. (2020). *Cognitive psychology in and out of the laboratory*. Sage.