What Java tools are available for troubleshooting problems?

You can use any diagnostic tool available to the Java community, including the Troubleshooting Guide for Java found here: Java Platform, Standard Edition Troubleshooting Guide, Release 8 (oracle.com)

There are many tools available, including JvisualVM, released with Java version 8, and available for later versions by installing separately from here: VisualVM: Download

isCOBOL Documentation includes a chapter in the isCOBOL Application Server book called "Tuning and monitoring isCOBOL Server with JvisualVM" to help you get the best information from JvisualVM.
The documentation also includes a troubleshooting guide in the Appendices called "Runtime Issues", which discusses multiple COBOL-oriented tools and features included with isCOBOL to help diagnose and resolve problems.
These tools include a local and remote debugger, trace logs, and abend diagnostic snapshots.