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## USE OF HYPNOTEACHING METHODS IN STUDENT SELF-REGULATION

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### Abstract

*In general, what happens in the learning process is that the teacher uses pre-existing methods, namely lecturing and monotonous so that students get bored, and make student self-regulation not under control. Then the teacher tries to overcome this by using the hypnoteaching method which is a learning method that suggests the subconscious of students. In this article, using a literature review, it is hoped that through this hypnoteaching method, student self-regulation can be overcome and teachers can apply this method in the learning process.*

**Keywords**– Self Regulation, Hypnoteaching , Methods

## **1. Introduction**

When learning occurs, students are expected to be able to control themselves in the ongoing learning, where a person's ability to regulate himself is called self-regulation. Self-regulation according to (Mahmud, 1990) is the ability to control one's own behavior, and use processes that activate thoughts, behavior, and continue to play a role in the process of achieving predetermined goals. Individuals regulate themselves by observing, considering, teaching or punishing their own behavior. Furthermore, according to Johson in (Komalasari, 2017) self-regulation is a comprehensive self-control, activities can be regulated, determined and understood independently, or can be carried out independently. So it can be concluded that self-regulation is a self-control for students to have self-awareness to do what is the obligation and responsibility of students. Regulations to students are related to whether the teacher's learning method is too monotonous which results in students participating actively in the learning process, where the method given by the teacher still uses lecturing so that students become bored. As stated (Hamdayana, 2014) that the lecture method has weaknesses including learning activities to verbalism, if it is too long it will be boring, causing students to be passive and it is difficult to control the extent to which students master the material that has been presented.

Based on these problems, the method used by the teacher in delivering the material needs to be changed, so that students feel comfortable, and create positive and enjoyable learning and achieve the desired learning objectives. To achieve these learning goals or objectives, teachers need appropriate learning methods. Teachers can use method hypnoteaching, hypnoteaching can be said to be an improvisation of a learning method. Hypnoteaching is a learning method where teachers use subconscious language to stimulate students' interest when delivering material. Furthermore, hypnoteaching is a learning method that can be used by teachers, in some cases students are influenced by teacher advice by hypnotizing students through suggestions which are usually positive sentences (Kusuma, 2016). So, it can be concluded that a learning method designed to use positive sentences in delivering material can inspire students to relax, do not need

to fall asleep and keep their eyes awake, it is enough to keep students in a calm state, so that they can easily accept the information provided by the teacher and students. can relax to absorb and retain the information.

## **2. Method**

This article discusses the use of the method hypnoteaching in student self-regulation. This type of method is analysis literature research. This article will present scientific studies that are relevant to the discussion that has been selected, the main material in the theory of learning hypnoteaching is the definition of hypno teaching, the steps of hypno teaching and the advantages and disadvantages of hypnoteaching, then self-regulation which consists of understanding self-regulation, self-regulation process and indicators self-regulation. The stages used in this literature review research method are (1) determining the title of the article, (2) collecting initial data, (3) challenging the topic, (4) collecting supporting data, (5) producing conclusions.

## **3. Result and Discussion**

### **A. Hypnoteaching**

#### **1. The definition of Hypnoteaching**

(Jaya, 2010) explains that the combination of teaching that involves the conscious and subconscious mind is called Hypnoteaching. Hypnoteaching is an interesting way of learning. Before starting the learning process, students are conditioned to be ready to receive learning material. To prepare for this, the teacher must be psychologically and psychologically prepared. Through it the teacher has a mature readiness in the teaching and learning process later.

Nurcahyo also argues (Hajar, 2012) hypnoteaching that etymologically comes from the words hypnosis and teaching. Hypnosis itself is a type of speech that can affect people so that they change the level of consciousness, which is achieved by brain waves from beta to theta. Because teaching is teaching, meaning that hypnoteaching is the art of communication in teaching that makes students smarter by giving

suggestions. Through the suggestions given, it is hoped that they can realize and inspire them whether they have extraordinary potential that they have not had the chance to optimize in the learning process. Likewise, (Noer, 2010) said that in hypnoteaching the teacher acts as a hypnotist, while students act as a person who is hypnotized. In learning, it does not mean that the teacher puts students to sleep but provides a verbal suggestion that is able to suggest students according to what the students want.

## 2. Steps Hypnoteaching

Steps that must be known educators in using hypnoteaching (Hajar, 2011):

### a. Intention and motivation for

Goodwill big and strong determination would foster motivation and commitment fields that are being encountered in which success depends on one's intentions and motivation.

### b. Pacing

Pacing is equating posture, body movements, language and brain waves with other people, therefore in principle humans tend to prefer to be with people who have a lot in common. Naturally and instinctively, everyone is sure to be comfortable and happy to hang out with other people who have something in common with him.

### c. Leading

Leadership means directing what is done after the pacing stage. Because when teachers are leading without pacing, students will feel pressured by what they are doing during the learning process. But if you do it after pacing, students will feel safe and always look forward to the lesson session with the teacher.

### d. Use positive words

Use of positive words according to the subconscious way of thinking and rejecting negative words. For example, when students make noise, say calm down or be quiet.

e. Give praise

Praise is a gift to increase student confidence, which will shape students' self-concept. It is better to give praise sincerely to students.

f. Modeling

Modeling is giving examples to students. Where the teacher is their guide or benchmark in learning, therefore the teacher should display behaviors that make students happy and satisfied in learning.

### 3. Strengths and Weaknesses of Hypno Teaching

The advantages of this method, (N, 2012) are:

- a. Students develop according to their potential. The
- b. The teacher creates an interesting learning atmosphere.
- c. The learning process is more dynamic.
- d. Establishment of good relationships between teachers and students.
- e. The material provided attracts students' attention.
- f. Students easily understand the material provided.
- g. There are many skills-giving processes during learning.
- h. Learning becomes active.
- i. Students are more able to imagine and think actively.

A learning method is definitely imperfect and has flaws, the following are the disadvantages of this method, namely:

- a. Too many students make it difficult for teachers to apply hypnoteaching.
- b. Teachers learn again to apply hypnoteaching.
- c. The method is Hypnoteaching, still classified as a new method and has not been widely used by teachers in Indonesia.
- d. Inadequate facilities and infrastructure.

### B. Self Regulation (Self Regulation)

#### 1. Definition of Self Regulation A

A person's ability to control himself to achieve a goal and think about how he will behave, this is what is called self-regulation (Mahmud, 1990).

Where students are expected to have self-awareness of their obligations through these regulations.

Adler's opinion in (Alwisol, 2007) is related to self-control, a person's ability to freely create their lifestyle is also closely related. The person is responsible for their own identity and behavior. Humans have the creativity to control their lives, take responsibility for their ultimate goals, and decide how to fight for these goals and contribute to the development of social interests.

## 2. Factors Affecting Self-Regulation

### a. External Factors

factors factors are divided into two, namely:

#### 1) Standards

External factors provide standards for evaluating our own behavior. Standards do not only come from internal but also from environmental factors, which interact with personal factors to form the standard.

#### 2) Strengthening

External factors influence self-regulation in the form of reinforcement. Where every behavior that is carried out requires reinforcement from the outside or the outside environment. The behavior that is given reinforcement will become a person's standard of behavior.

### b. Internal factors

Bandura'sin (Feist, J & Gregory, 2011) mention three internal factors, namely:is

#### 1) Self-observation carried out

to assess how the quality of a person behaves, which will later be maintained in accordance with their self-concept. This observation is related to the previous self-concept.

#### 2) The appraisalThe appraisal

The process relies on four things: personal standards, performance-benchmarking, activity scores, and performance improvement. Personal standards are derived from observations of the model, namely parents or

teachers and interpreting self-reinforcement, any information that gets reinforcement will experience a cognitive process, compiling very personal measures / norms, because these measures are not always in sync with reality.

### 3. Self-Regulatory Process Self

regulation Regarding student movement and supporting behavior, cognitive and emotional processes, these processes are systematically oriented towards learning achievement goals. According to Bandura, self-regulation includes three sub-processes, namely self-observation, self-assessment, and self-reaction, these three sub-processes are interrelated and influence each other (B, 2008). These three postures are interrelated and affect self-regulation.

### 4. Indicators of self-regulation

According to (Marzano, 1994) there are five indicators, namely:

- a. Pay attention to your own thoughts.
- b. An effective plan.
- c. Identify and use the necessary resources.
- d. Respond appropriately.
- e. Assess the effectiveness of his own actions.

## 4. Conclusion

Hypnoteaching is a learning method that can be used by teachers, in some cases students are influenced by teacher advice by hypnotizing students through suggestions which are usually with positive sentences. And self-regulation of a person's ability to control himself to achieve a goal and think about how he will behave. Through this method students are expected to be able to control themselves better when the learning process and teachers are also able and confident in applying this method so that students are motivated by what is displayed by the teacher or exemplified by the teacher.

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