

# The Effect of Hypnotherapy on the Leading Achievement of Athletes Athletic of Sport Branch of Jump and Throw Number

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**Abstract:** *This study was conducting by experimental design form of one group pre-post design, it was aimed to know; the effect of hypnotherapy on the leading achievement of athletes athletic of sport branch of jump and throw number. The population was all of sports athletes of athletic sports jump and throwing were 23 people. sampling technique was conducting by purposive sampling, while data analysis using the analysis of descriptions of the passive analysis of the sample water sample (paired t-test) through the SPSS program version 20.00 on the significant  $\alpha = 0.05$ . The result of this study showed that "the effect of hypnotherapy on the leading achievement of athletes athletic of sport branch of jump and throw number, there was a value of t-value equal to 2.354 and table table (22,0,05) for 1,717 with significant significance of 0.028 ( $0.028 < \alpha = 0.05$ ) or ( $t_{count} > t_{table}$ ).*

**Keywords:** hypnotherapy, athlete achievement suggestibility (trance level test)

## 1. Introduction

Athletic coaching is no longer charged solely to the trainer, it is impossible for a coach to function in a multi-use manner, given that alongside technical trainers he also serves as a physical trainer, mental coach or sports psychologist, club manager, health and therapist and other required in any performance improvement activity. In the event of such a thing can be imagined how unlikely a glorious achievement can be expected. In this way, the fostering of every sport should involve various fields of experts as coaches and assistant trainers, such as psycho-medicine involvement, doctors of various specialists, psychiatrists, therapists, sports academics, researchers, observers and other experts. Sidibiyo Setyobroto, (200.12). The success of athlete coaching depends not only on talent, athlete ability and coach skills; various factors need to be considered, because the achievement is, namely the integration between all components as a whole system intended to produce athletes' achievement as high. Elements that interact in the process of coaching that need special attention, namely: (1) training, (2) athletes, (3) scientists and (4) coach / board.

The coaching of athletes in general is the improvement of technique, physical and mental abilities. Of the three factors are usually the trainers are more focused on the exercise and the physical exercise and ignore the mental, is not the mental also greatly affect the achievement of athletes, because the disturbed mental will be reflected from the appearance of athletes before and during the match and clearly visible techniques shown inversely when viewed during practice. The focus of this study is to determine the degree of suggestibility of each athlete and test the level of effectiveness or influence of hypnosis on mental coaching athletes.

## 2. Theoretical Foundation

### Hypnosis for Sports Achievement

In the book Hypnosport, Les Cunningham wrote that Hypnosports has been widely used in sports, even in the Olympic race since 1956. Awie Suwandi, (2010: 130). While most hypnotic research focuses on hypnotherapy, there is also evidence that hypnosis can help you master or perfect the skill, giving you extra therapy. The goal of hypnosis sports applications often referred to as hypnosports, includes the following:

### Self confidence

Building confidence is the same as eliminating fear, for athletes is very important especially when approaching the game. Due to the high level of confidence that the best techniques, tactics and strategies can emerge and an athlete. Tiger Woods can prove, visualization is effective self-hypnosis techniques that can help athletes perform better. A gymnast can visualize the movement of his routine repeatedly in his self. A basketball player can visualize the shot shots hundreds of times and various positions within him perfectly.

### Programming Working Muscles

Marilyn King (athlete world-class medal holder) Marilyn had to be hospitalized for a while, when the Olympic preparation time was only a few months away. While in hospital Marilyn practiced imagery, replacing the physical exercise run with the imaginary. He imagined it as if he really did the running practice on the track and also imagined the real race activities including the shadow of his success winning the race. He imagined the stage atmosphere when he was overlaid by gold medal. Unless he also imagines auditor ally and kinesthetic, then he can hear the roar of the audience while watching him run. He also imagines his footstep swing, although he is lying in the hospita. Muchias Susena, (2012: 86).

### Direct Visualization and Focus

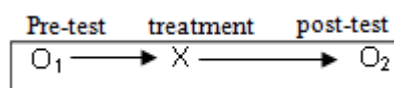
Visualises in the world of sports that invites athletes or people to imagine themselves without referrals and ignore (condition of thought waves) athletes condition when imagine when the athlete is really in a condition very focused and trans deep with maximum inspiration. And if someone has been able to visualize themselves in trance conditions then in the science of hypnosis called self hypnotis. This is the purpose of self-hypnosis so that all the sports are able to program the brain to instruct the muscles and mental to the desired conditions.

### Stress managing

Sports psychologists often teach athletes how to control them in a dialogue (self-talk), so that they can divert negative thoughts into self-fulfilling, or develop positive things. This is a very good strategy for any beginner athlete.

### Research Method

This research was conducting by "One-Group Pretest Posttest design" method, Sugiyono (2016:74).



**Figure 3.1:** Research Design  
(One-Group Pretest Posttest design)

Subject of the research was athletes built of Dispora Pidie Jaya District – Aceh. Analysis of statistical test data was use SPSS program version 23.00. The technique of data analysis using t-test t-statistical statistics at a significant level of 5%, to know there is no difference, is to test the hypothesis by t-test analysis. Hypothesis using t-test with significant level ( $\alpha = 0,01$  or  $\alpha = 0,05$ ) then searched t-table with dk = n-1.

## 3. Result and Discussion

In this study empirical data obtained and analysed include pretest results performed prior to treatment with hypnotherapy and posttest models at the time of treatment with hypnotherapy model for experimental group of athletic number of throwing and jumping as many as 23 athletes.

**Table:** Summary of Descriptive Research Data Analysis Results

Statistic	Experimental group	
	Pretest	Post-test
Number of sample	23	23
Mean	17.4457	19.9065
std. Deviation	12.20090	14.72284
variance	148.862	216.762
range	33.65	43.40
Minimum	1.35	1.60
Maximum	35.00	45.00
Sum	401.25	457.85

Source: IBM SPSS Statistics version 20

The result of paired t-test analysis for pretest of experimental group obtained  $t_{count}$  value of 2,354 and  $t_{table}$  (22,0,0) equal to 1,717 with significant level 0,028 ( $0,028 < \alpha = 0,05$ ) or ( $t_{count} > t_{table}$ ), or  $H_0$  rejected and  $H_1$  accepted. Based on these results, it can be concluded that there are differences pretest and posttest experimental group,

or in other words ( $t_{count} > t_{table}$ ). Demonstrating the meaning of hypnotherapy is an important model of coaching achievement.

## 4. Conclusion

Based on the results of data analysis and description of the discussion that has been put forward it can be concluded "there is influence of hypnotherapy to coaching athletic achievements suggestibility (tance level test) athletic sports jump and throwing numbers, obtained t-test value of  $t_{count}$  value of 2.354 and  $t_{table}$  (22; 0,05) equal to 1,717 with significant level 0,028 ( $0,028 < \alpha = 0,05$ ) or ( $t_{count} > t_{table}$ ).

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