

## **The effect of hypnotherapy methods on understanding and readiness on swimming learning in higher education**

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### **Abstract**

This research was conducted because understanding and readiness on swimming learning is still problematic. Hypnotherapy methods are assumed to be the factors that influence the understanding and readiness on swimming learning of students in higher education. This study aims to determine the effect of using hypnotherapy methods on the understanding and readiness of swimming lessons in higher education. This research uses quantitative correlation method. The population is 150 students who take swimming lessons in higher education, and a sample of 50 students who were selected using purposive random sampling. The questionnaire is an effective data collection method to test the variables to be measured and the answers expected by the respondents. The questionnaire applies a Likert scale by providing an opportunity to answer each item. Data were analyzed using regression analysis. The results showed that (1) there was an increase in students' understanding of swimming lessons using hypnotherapy methods, (2) there was an increase in student readiness in swimming lessons using hypnotherapy methods.

**Keywords:** Hypnotherapy, understanding, readiness, swimming learning

**How to Cite:** Syahrastani, S. (2022). The Effect of Hypnotherapy Methods on Understanding and Readiness on Swimming Learning in Higher Education. *COUNS-EDU: The International Journal of Counseling and Education*, 7(1). doi:<http://dx.doi.org/10.23916/0020220735210>



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### **Introduction**

Sports activities are a very important part done by humans in forming a good body and spirit. Sport has developed well to make a very positive contribution to the wider community, especially in health. For athletes who struggle in sports, they can also give the nation a good reputation, both in Indonesia and in the world. Sports coaching is something that cannot stand alone, therefore sports coaching must be done properly so that in national development it has a very important role. The development of sports has the scope to carry out a coaching, as stated in article 17 it is explained that "The scope of sports includes activities: (a) educational sports, (b) recreational sports, and (c) achievement sports (Okilanda, 2018). If the scope of this sport can be done well, then any policy related to sports must be managed according to the objectives to be achieved. One of the scopes of sports organized through the educational process is educational sports. Educational sports are an integral part of education that is carried out both on formal and non-formal channels through intra and or extracurricular activities (Firdaus, 2011).

As stated in the Sports Law Number 3 of 2005 concerning the national sports system Chapter I Article I number 11 which reads: "Sports education is physical and sports education held as part of a regular and continuous educational process to acquire knowledge, personality, skills . , health, and physical fitness" (Number, 2007). Based on the quote, sports education is obtained from the educational process that takes place both at the college level and at school. Higher education is a place to organize the educational process to prepare students to acquire knowledge and skills after completing the lecture

process taken. One of the learners in the field of sports is learning to swim. Learning to swim is one of the physical activities that can improve students' physical fitness, in this case the swimming activity that the author wants to examine is related to educational swimming carried out in schools. Swimming learning carried out in higher education is one of the educational tools in addition to several other types of lessons, the closest target is to teach students to be able to swim from not being able to swim, this activity has its own meaning in education, namely changing the fear of water to not being able to swim. If you are afraid of water, you will feel confident in yourself so that this learning process becomes one of the unique things in learning to swim for students.

Sardiman (2010: 77) by "providing motivation to a student, means moving students to do something or want to do something". Swimming is a sport with activities in the water that oversees other sports, such as diving, water polo, beautiful swimming and open water swimming, swimming is a sport that is carried out in water and is the most well known and loved by many people from children. -children to parents. According to its needs, swimming can be used as an achievement sport, educational swimming in schools and for the health of the perpetrators, swimming learning is a learning process in water through physical activity that aims to stimulate the growth and development of students and to improve abilities and skills. intelligence and character formation as well as positive values and attitudes for students in order to realize educational goals. Introducing swimming activities to students will improve their harmonious development, improve the multilateral development of cardio-respiratory, multilateral mental and physical development of children, through significant processes of motor coordination, muscle development, cognitive skills and means of social interaction.

Swimming can be done by anyone, regardless of gender, age, male or female, old or young, everyone can do it (Einfalt, Zecha, & Lienhart, 2018). Swimming is very economical, because by spending a little money, people can enter the pool and swim to their heart's content. Swimming can also be done anytime, regardless of time, it can be morning, afternoon, evening, or night and can be done individually. Then to be able to excel in swimming sports need to be supported by adequate physical components. Because there is no point in a swimmer in a race who can swim with a beautiful style but is not able to complete the entire specified distance (Brunner, Melnyk, Sigfússon, & Wattenhofer, 2019). The learning process should be a series of gradual increments from one stroke to the next most likely starting from swimming like a dog paddle and floating on the back and progressing to the more advanced stages of each stroke, namely the freestyle and backstroke. When a beginner swimmer progresses to intermediate level and then becomes an advanced swimmer, he will be able to learn other styles (Rusdi, Dlis, Lubis, Nata, & Whalsen, 2020). Swimming styles such as walking, incline, breaststroke, backstroke, butterfly, freestyle, entry-level backstroke, arm tilt and breaststroke are some of the skills that advanced swimmers can learn. continue.

In the learning that is carried out, an understanding is needed to support the success of the learning process that is followed, namely learning swimming. Understanding can be interpreted as seeing a relationship of ideas about a problem, something is understood while the facts about the problem are collected (Marlina, Kapile, C., Imran, 2020). A person can only learn about something if he already has the "readiness" to learn something. In fact, every individual has individual differences, so each individual has a different developmental background. This causes different patterns of readiness formation within each individual. Likewise, readiness in learning is very influential on a person's personal development to mature his willingness to learn so that someone will be easy and ready to accept something that will be learned in the learning itself. The learning process is a psychic activity with respect to learning materials. Learning activities carried out by students are as a process, in learning something, because learning is the main activity, besides that learning is the key in the formation of student competencies, because students can only learn if everything related to the learning process is already prepared from the students. in him (Idamayanti, R., 2017) The learning process is a psychic activity with respect to learning materials. Learning activities carried out by students are as a process, in learning something, because learning is the main activity, besides that learning is the key in the formation of student competencies, because students can only learn if everything related to the learning process is already prepared from the students. in him (Idamayanti, R., 2017) The learning process is a psychic activity with respect to learning materials. Learning activities carried out by students are as a process, in learning something, because learning is the main activity, besides that learning is the key in the formation of student competencies, because students can only learn if everything related to the learning process is already prepared from the students. in him (Idamayanti, R., 2017).

So we need the right method to improve it, one of which is the hypnotherapy method. Hypnotherapy is a therapy that is carried out using the hypnosis method. Hypnotherapy is the application of hypnosis in curing mental disorders and relieving physical disorders. Hypnosis has been medically proven, and can even overcome various kinds of psychological and physical disorders. Hypnotherapy is a healing by means of hypnosis. Hypnotherapy is a branch of psychological science that studies the benefits of suggestion to overcome problems of thoughts, feelings, and behavior, by giving suggestions to the subconscious mind (Rohimi, 2019).

## Method

This research uses correlational type quantitative methods (regression). The instrument used is a model scale Likert. This research uses quantitative correlation method. The population is 150 students who take swimming lessons in higher education, and a sample of 50 students who were selected using purposive random sampling, with 37 males and 13 females, aged 19-20 years, and are from the 2020 and 2021 entry years, who were selected using the technique purposive random sampling. Furthermore, data was collected by distributing questionnaires to obtain information about hypnotherapy methods, understanding and readiness. The questionnaire stands as an effective data collection method to examine the variables to be measured and the answers expected by the respondents (Smith, 2019). The questionnaire applied the Likert scale by providing opportunities to answer each item (Awang et al., 2016). Data collection is carried out in Higher Education with the following procedures: 1) Preparing students understanding, readiness and hypnotherapy methods; 2) Provide an explanation of the instrument and how to fill it out; 3) Distribute instruments and invite students to fill them out; 4) Collecting instruments according to the plan. Data were analyzed by descriptive statistics that designed to give information about the distributions of variables (Mishra et al., 2019), regression that statistical analysis used to determine the effect of several independent variables on the dependent variable (Chen, & Chen, 2014). Data analysis is assisted by using the SPSS program.

## Results and Discussions

The results of the research presented include an overview of the contribution of the hypnotherapy method to the understanding and readiness of swimming learning in higher education which can be seen in the following figure.

Table 1. Contribution of Hypnotherapy Method to Understanding and Readiness of Swimming Learning

Method	Variable		Information
	Understanding	Readiness	
Hypnotherapy	0.584	0.659	Strong Contribution

Based on the table above, it can be understood that the use of the hypnotherapy method makes a positive contribution to the understanding of students taking swimming lessons in higher education with an rcount of 0.584. This shows that 0.584 is greater than the r table, which is 0.278. While the use of the hypnotherapy method made a positive contribution to increasing student learning readiness who took swimming lessons with an r count of 0.659, which shows that it is greater than the r table for sample 50, which is 0.278. This means that the use of hypnotherapy methods can improve the understanding and readiness of student swimming lessons in college.

The results of this study indicate that the use of the hypnotherapy method is very good for use in the learning process, because this method makes a positive contribution to the understanding and readiness of students in higher education. Hypnotherapy is therapy using the hypnotic method. Hypnosis is a state of high attention where psychotherapy or suggestion is used as a treatment to achieve goals (Axelrad A, Brown D, Wain H, 2017). In various surgical procedures, hypnosis reduces pain control, anxiety, and shortens the duration of surgery (Wobst AHK, 2007). Research on the use of hypnotherapy in bronchoscopy procedures to determine the effectiveness of hypnotherapy in controlling pain in patients undergoing bronchoscopy has never been done. It is important to know hypnotherapy as an alternative to

the convenience of bronchoscopy procedures. Giving hypnotherapy each person is directed to explore ways of thinking that support what he will do (Nurlita, H., Purba, M., Paramastri, I., 2007).

In the success of the learning process, the emphasis is on students who interact with their learning experiences. Learning causes changes in the person who learns. These changes are integral, meaning changes in cognitive, affective and psychomotor aspects. According to the theory, students' cognitive characteristics can be influenced by learning readiness. Readiness is the willingness to respond or react. The condition of students who are ready to receive lessons from the teacher, will try to respond to the questions that have been given by the teacher. In order for students to be able to give the correct answer, of course, students must have knowledge by reading and studying the material to be taught and what has been taught by the teacher. Healthy condition of students enthusiastic and not sluggish, it will be easier to accept lessons from the teacher. The healthy condition of students will encourage students to stay focused and pay attention to the explanations given by the teacher. Students' motivation and need to learn can also encourage and influence students' readiness to learn. Readiness to learn needs to be considered in the learning process, because the learning process accompanied by readiness will make it easier for students to accept and understand the material presented by the teacher and can encourage students to give a positive response where this situation will affect the learning outcomes obtained (Indriastuti, A. ., Sutaryadi, Susantiningrum, 2017). Students' motivation and need to learn can also encourage and influence students' readiness to learn. Readiness to learn needs to be considered in the learning process, because the learning process accompanied by readiness will make it easier for students to accept and understand the material presented by the teacher and can encourage students to give a positive response where this situation will affect the learning outcomes obtained (Indriastuti, A. ., Sutaryadi, Susantiningrum, 2017). Students' motivation and need to learn can also encourage and influence students' readiness to learn. Readiness to learn needs to be considered in the learning process, because the learning process accompanied by readiness will make it easier for students to accept and understand the material presented by the teacher and can encourage students to give a positive response where this situation will affect the learning outcomes obtained (Indriastuti, A. ., Sutaryadi, Susantiningrum, 2017).

The use of methods in learning will affect the understanding of students. Understanding or comprehension can be interpreted as mastering something with the mind, because learning means having to understand mentally the meaning and philosophical meaning of its implications and applications, so that students can understand a situation. In learning, the element of understanding cannot be separated from other psychological elements: motivation, concentration, and reaction. Erlando Doni Sirait (2018) suggests that there is a significant effect of learning readiness on learning understanding.

Students as learning subjects can develop facts, ideas, and skills. Then with the organizational element, the learning subject can organize and find these things together into a logical pattern, because studying a number of data as they are, gradually the learning subject begins to understand the meaning and implications of the overall problem. Understanding means not only having to but also wanting the subject to learn to use the materials that have been understood if that is the case, learning will be more basic, but in fact many subjects in schools are elements of comprehension. for example: many things happen that students study at night before the exam in the morning. But if asked two or three days later, Most of them have forgotten about what they have learned, this shows that the subject of study or the students do not have a strong glue of understanding to internalize the material being studied into a concept or understanding as a whole. Sardiman (in Shodiq, 2009: 18) asserts that understanding is dynamic with content, it is hoped that understanding will be creative, understanding will produce a calm imagination and mind, if the study subject or students really understand it, they will be ready to receive definite answers to questions. or various problems in learning (Yonanda, D., A., 2017). This shows that the subject of study or the students do not have a strong adhesive of understanding to internalize the material being studied into a concept or understanding as a whole. Sardiman (in Shodiq, 2009: 18) asserts that understanding is dynamic with content, it is hoped that understanding will be creative, understanding will produce a calm imagination and mind, if the study subject or students really understand it, they will be ready to receive definite answers to questions. or various problems in learning (Yonanda, D., A., 2017). this shows that the subject of study or the students do not have a strong adhesive of understanding to internalize the material being studied into a concept or understanding as a whole. Sardiman (in Shodiq, 2009: 18) asserts that understanding is dynamic with content, it is hoped that understanding will be creative, understanding will produce a calm imagination and mind, if the study subject or students really understand it, they will be ready to receive definite answers to questions. or various problems in learning (Yonanda, D., A., 2017).

While readiness is the overall condition of a person who makes him ready to respond / answer in a certain way to a situation. What is meant here is the conditions included in the learning process. Khalif Ashhbul Umam & Fakhrudin (2016) readiness is thought to also have an influence on student learning outcomes. For this reason, researchers are interested in knowing the level of readiness and learning outcomes of students, as well as knowing the effect of learning readiness on student learning outcomes. Agus Wahyudin & Dina Tsabitah (2016) the results of this study stated that there was a considerable influence of learning readiness on learning outcomes, namely 42.7% at MAN 1 Semarang. Leonard (2012) suggests that readiness to learn is a condition of self that has been prepared to carry out an activity. Based on this expression, it is concluded that before doing learning, students are expected to be able to prepare themselves optimally so that they can focus optimally. Learning readiness is the initial condition of a learning activity that makes it ready to provide responses/answers that exist in students in achieving certain teaching goals with assessment indicators, namely motivation, regularity/diligence, task load and structured completion.

With a high level of readiness, the learning outcomes obtained will also be high, and vice versa with a low level of readiness, the learning outcomes obtained will also be low. For this reason, students must have mature readiness in order to obtain good results. In addition, teachers play an active role in motivating students to prepare themselves for teaching and learning activities (Kurtanti, Bahari, Y., Budjang, G., 2015). Indicators of learning readiness according to Maratus (2014) include physical and mental readiness (hearing, vision, health, self-confidence, self-adjustment. Emotional conditions of conflict, tension), learning needs (textbooks, lesson notes, equipment) and required knowledge. have learned (reading textbooks, read the news in the newspaper before learning is carried out). The grand theory that underlies the influence of the independent variables on student creativity and learning facilities, the intervening variable of learning readiness on the dependent variable of accounting learning outcomes is behavioristic theory, humanistic theory, and cognitive theory. So from the results of this study it can also be understood that it is very important to select and use the right and effective method to support the smoothness and the learning process carried out.

## Conclusions

This study revealed that the obstacles in learning to swim were influenced by various factors, including the low understanding of students about swimming lessons and the unpreparedness of students to take swimming lessons. Based on the findings and discussion of the research results, it can be concluded that the use of the hypnotherapy method made a positive contribution to students' understanding of swimming lessons in college. Also, the use of hypnotherapy methods makes a positive contribution to student learning readiness in swimming lessons in college. Furthermore, the recommendations of this study are based on the results of the research, discussion, and conclusions that have been stated previously, that the use of hypnotherapy methods is to improve students' understanding and readiness in following the learning process carried out.

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