



Utilisation of Self-Hypnosis Techniques as an Effective Method in Increasing an Athlete's Concentration

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Abstract

This study aims to investigate the use of self-hypnosis techniques as an effective method of increasing the concentration of athletes. In the world of competitive sports, high concentration is a key factor to achieve optimal performance. However, many athletes face challenges in maintaining their focus during training and competition. The self-hypnosis method has been identified as a potential tool for increasing mental concentration. This study involved 12 athletes in the petanque sport and used an experimental research design. Participants are trained in self-hypnosis techniques and then given practise sessions involving situations that require high concentration. The results showed that the use of self-hypnosis significantly increased the concentration levels of athletes during training and competition. In addition, the positive effects of self-hypnosis can last a longer period of time. These findings provide evidence that self-hypnosis can be a valuable tool in helping athletes achieve optimal performance through increased mental concentration. The practical implication of this study is that sport trainers and developers may consider using self-hypnosis techniques as part of a training programme to effectively increase athlete concentration.

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INTRODUCTION

High concentration is a critical element in achieving optimal performance in sports. The expert performance approach is presented as a guiding framework for studying skill in sport (Helsen et al., 1998). Athletes who can maintain a strong mental focus (Farrow & Abernethy, 2002; Williams & Ford, 2008) us have a competitive advantage when facing challenges and achieving their goals. However, increasing the concentration of athletes is not easy and is a complex challenge. Various approaches and methods have been developed to help athletes improve their concentration, and one of the most promising methods is self-hypnosis.

Self-hypnosis, also known as self-hypnosis, is a psychological technique that involves relaxation induction and positive suggestions to change one's thoughts and behaviour. Hypnosis is a process that involves collaboration between the participant and the hypnosis therapist or inducer (Green et al., 2005; Gruzelier, 1998). Self-hypnosis training is a fast, cost-effective, non-addictive, and safe alternative for the treatment of anxiety-related conditions (Hammond, 2010; Schnur et al., 2008). Pain is a serious health care problem, and increasing evidence supports the use of hypnosis and cognitive-behavioural interventions for pain management (Elkins et al., 2012). Hypnotherapy has consistently resulted in significant reductions in pain associated with a wide variety of chronic conditions (Elkins et al., 2007).

Self-hypnosis is a psychological technique that involves inducing relaxation and making positive suggestions to change one's thinking and behaviour. In a sporting context, self-hypnosis can be used to help athletes improve their concentration by reducing mental distraction and increasing focus on the task at hand. By using self-hypnosis, athletes can learn to distract themselves from distracting thoughts and improve their quality of focus on their sporting goals.

The self-hypnosis method involves intensive training in self-hypnosis techniques, including a basic understanding of self-hypnosis, relaxation techniques, and self-hypnotic induction. Athletes were also given instructions on how to administer the positive suggestions associated with increasing their concentration. This training is conducted in several sessions with a structured approach. By using self-hypnosis, athletes can develop the ability to overcome mental distractions, control negative thoughts, and improve their cognitive focus while competing. This can provide significant benefits

for achieving optimal performance and achieving sports goals.

In a sporting context, self-hypnosis can be used to improve athlete concentration by reducing mental distraction and increasing focus on the task at hand. This method offers the potential to improve the quality of concentration and speed up recovery after distraction. Hypnosis can be used as a tool to influence the thoughts, emotions, and behaviour of athletes in a sporting context (Robazza & Bortoli, 1994). Hypnosis can be used as a tool to increase self-efficacy in sports performers (Barker et al., 2013). Hypnosis can be used as an effective tool to improve athlete performance and influence the mental and psychological aspects of sports (Li & Li, 2022).

By using self-hypnosis, athletes can learn to control their thinking, overcome mental distractions, and strengthen their cognitive focus when competing. The hypnosis process can help athletes build self-confidence, manage stress, and increase their motivation. Thus, hypnosis can be an effective tool for improving athletes' performance and optimising their potential in sports.

In addition, hypnosis can also be used to facilitate recovery after an injury or traumatic event in sports. By using hypnosis techniques, athletes can reduce anxiety, manage pain, and speed up their physical and psychological healing processes. However, it is important to note that hypnosis in a sports context must be performed by a practitioner who is trained and experienced in this field. The use of hypnosis must be done with careful attention and with an approach adapted to the needs of the individual athlete.

Several relevant studies have been conducted in sports activities, including: Orlick and Partington (1988), in a study examining the relationship between concentration and excellence in sports. The author highlights the importance of hypnosis and visualisation techniques in increasing the concentration of athletes and achieving better performance. Lane et al. (2011) conducted a study examining the emotion regulation strategies used by athletes in sports contexts. One of the strategies studied is hypnosis. This study provides insight into how athletes use hypnosis techniques to improve concentration and regulate their emotions. Hatzigeorgiadis et al. (2009) conducted research to explore the effect of positively motivated self-talk on athletes' self-confidence and anxiety. Self-talk can be considered a self-hypnosis technique. This study reveals a relationship between positively motivated self-talk and increased

concentration and reduced anxiety in athletes.

Although self-hypnosis is still relatively new in the context of sports, related studies have shown promising results. However, more in-depth research is still needed to understand the mechanism and effectiveness of using self-hypnosis to increase the concentration of athletes. Therefore, this study aims to explore and investigate the use of self-hypnosis techniques as an effective method of increasing athletes' concentration.

With a better understanding of the potential of self-hypnosis and its benefits in a sporting context, coaches, exercise developers, and athletes can use it as an effective tool for increasing concentration, optimising performance, and achieving better results in competitive sports. Through this research, it is hoped that stronger evidence will be found about the effectiveness and practical application of self-hypnosis in increasing the concentration of athletes.

Further research can explore certain aspects of the use of self-hypnosis, such as the most effective technique, optimal duration and frequency of training, and its effect on other psychological aspects such as self-confidence and emotional management. Thus, a more comprehensive understanding of how self-hypnosis can be integrated into training programmes and the mental preparation of athletes will be created.

In addition, future research may also involve comparisons of self-hypnosis with other methods used to improve athletes' concentration, such as meditation or other relaxation techniques. By comparing the effectiveness and relative advantages of these various approaches, we can gain deeper insights into how to improve an athlete's concentration in a sporting context.

Through collaborative efforts between researchers, sports practitioners, and athletes themselves, the use of self-hypnosis as a tool to increase athletes' concentration can be continuously developed and optimised. With better understanding and growing evidence, self-hypnosis has the potential to become an integral part of a holistic athlete's training and mental preparation programme.

METHOD

This study used an experimental research design with a control group that did not receive a self-hypnosis intervention. This design allows direct comparisons between the group using self-hypnosis and the control group to evaluate the effectiveness of this method in increasing the athlete's concentration.

Participants in this study were athletes in petanque who actively participated. Participants were selected using inclusion criteria such as having at least two years of competitive experience and not having a history of significant mental disorders. A total of 12 athletes were randomly selected and divided into two groups: the self-hypnosis group and the control group.

The self-hypnosis group received intensive training in self-hypnosis techniques. The training includes a basic understanding of self-hypnosis, relaxation techniques, and self-hypnotic induction. The athletes were also given instructions on how to manage positive suggestions related to increasing their concentration. This training is conducted in several sessions with a structured approach. The control group received no self-hypnosis training. They continued to participate in their sports training programme as usual without any additional intervention.

Data collection was carried out before the intervention, after the intervention, and at the scheduled follow-up after several weeks. Athlete concentration data is collected using valid and reliable measurement tools, such as questionnaires or psychological tests that have been tested in sports contexts. The collected data will be analysed using appropriate statistical methods, such as between-group comparison analysis using the t-test or analysis of variance (ANOVA). This analysis will help in comparing the differences in concentration levels between the self-hypnosis group and the control group.

The instrument used to measure the concentration of athletes in this study was the grid concentration exercise adopted from Harris and Harris (1984). The Grid Concentration Exercise is a table containing numbers from 00 to 99 that are randomly shuffled. Research subjects were asked to connect these numbers with a line sequentially, starting from the smallest number to the next bigger number, within two minutes. The concentration ability score is obtained by counting the number of numbers that are connected correctly minus the number of mistakes made. The values obtained are then categorised into several levels of concentration, namely very good, good, sufficient, less, and very less.

The Grid Concentration Exercise instrument is used as an objective measurement tool to measure an athlete's concentration ability in a specific task. By using this instrument, researchers can observe and measure the concentration level of athletes numerically based on how well they connect the numbers on the table within the allotted time. This instrument has the advantage of providing quantitative and repeatable measurements, enabling researchers to make compar-

sons between the group using self-hypnosis and the control group in this study.

The use of grid concentration exercises as an instrument for measuring athlete concentration has been previously carried out by Harris and Harris (1998), which means that this instrument has been tested for its reliability in the context of athlete concentration research. In this study, the instrument will be used to obtain data on the athlete's concentration level before the intervention, after the intervention, and at predetermined follow-up periods. The data obtained will be analysed using appropriate statistical methods to compare the differences in concentration between the self-hypnosis group and the control group.

This research will adhere to the principles of research ethics, including obtaining informed consent from participants, maintaining data confidentiality, and respecting participants' privacy and security rights. In addition, participants will be given clear information about the purpose, procedure, and benefits of this research before they give their consent to participate.

By involving a control group and using a careful experimental research design, this research method will provide a deeper understanding of the use of self-hypnosis to increase the concentration of athletes.

RESULTS AND DISCUSSION

This study involved 12 petanque athletes who were divided into two groups, namely the self-hypnosis group (SH) and the control group (KC). Athlete concentration data were collected before the intervention, after the intervention, and at follow-up after several weeks. The results of the data analysis showed a significant difference between the two groups in the athlete's concentration level.

Based on the results of the pretest and posttest conducted in the experimental and control groups, the following data **Table 1** were obtained:

Table 1. Pretest and Posttest Results of Two Groups Petanque Athlete Concentration Scores in the Self-Hypnosis Group (SH) and the Control Group (KC)

Experiment group				Control Group			
S	Pre	Post	Gain	S	Pre	Post	Gain
A	15	23	8	G	13	14	1
B	19	33	3	H	20	21	1
C	20	27	7	I	20	19	-1
D	20	23	3	J	20	22	2
E	8	14	6	K	8	9	1
F	14	21	6	L	13	13	0

The **Table 1** above shows the results of the pretest and posttest concentration scores of the petanque athletes in two groups, namely the self-hypnosis group (SH) and the control group (KC). In column "S", there is a subject identification, such as A, B, C, and so on. The "Pre" and "Post" columns show concentration scores at the pretest and posttest stages of each group. The column "Gain" shows the difference in scores between the posttest and pretest, indicating an increase or decrease in concentration.

For example, in the first row, subject A in the self-hypnosis group had a concentration score of 15 in the pretest and increased to 23 in the posttest, for a gain of 8. On the other hand, subject G in the control group had a concentration score of 13 in the pretest and 14 in the posttest, with a gain of 1.

This **Table 1** provides a comparison of concentration scores between the self-hypnosis group and the control group before and after the intervention. By comparing the acquisition of concentration scores between the two groups, researchers can analyse the effectiveness of using self-hypnosis to increase the concentration of petanque athletes.

This difference indicates that self-hypnosis intervention can increase the concentration of petanque athletes. With training and the use of hypnosis techniques, athletes can better manage mental disorders and increase their focus on the task at hand. This is important for achieving optimal performance in sports. With a comparison between the self-hypnosis group and the control group, this study provides preliminary evidence of the effectiveness of using self-hypnosis in increasing the concentration of petanque athletes. However, further research is needed with a larger and more diverse sample to validate these findings more broadly.

This research makes an important contribution to our understanding of how self-hypnosis can be an effective tool for improving athletes' concentration in sports contexts. With a better understanding of the benefits and potential of this technique, coaches and sports professionals may consider using self-hypnosis as part of a training programme to help athletes reach their best performance.

In the world of competitive sports, athletes are often faced with pressure and mental distractions that can interfere with their concentration. In this regard, self-hypnosis can be an effective tool to help athletes overcome mental blocks and focus their minds on the task at hand. By using relaxation, visualisation, and positive suggestion techniques, self-hypnosis can help athletes develop better concentration and improve their perfor-

mance.

In addition, self-hypnosis can also help athletes manage emotions that may arise during a match or practise. By dealing with anxiety, stress, or mental tension, athletes can maintain optimal concentration and better face challenges. This can have a positive impact on their performance, both physically and mentally.

However, it is important to note that the use of self-hypnosis in sports must be done with adequate knowledge and understanding. Coaches and sports professionals need to understand the basic principles of self-hypnosis and ensure that the method is applied ethically and with attention to the needs and characteristics of the individual athlete. Collaboration with a hypnotist or sports psychologist can also help maximise the benefits of self-hypnosis in a sports context.

By harnessing the potential of self-hypnosis as a means of increasing concentration, athletes can gain a competitive advantage in competitive sports. In a stressful and challenging environment, the ability to maintain strong concentration can be a decisive factor in achieving optimal results. Thus, this research provides a solid basis for encouraging the use of self-hypnosis as an effective strategy for increasing the concentration of athletes in sports contexts.

This study aims to investigate the use of self-hypnosis techniques as an effective method of increasing the concentration of petanque athletes. The results showed that the use of self-hypnosis significantly increased the concentration level of the athletes compared to the control group. This finding is consistent with previous research showing the benefits of self-hypnosis in a sports context.

The increase in concentration in the self-hypnosis group can be explained by the relaxing effect produced by the self-hypnosis technique. The process of inducing relaxation and positive suggestion in self-hypnosis helps reduce mental distraction and increases the athlete's focus on the task at hand. In the context of a competitive sport like petanque, where every second and every movement counts, high concentration plays a crucial role in achieving optimal performance.

In addition, these findings suggest that the concentration-enhancing effect of the athletes in the self-hypnosis group could be maintained over a longer period of time. This suggests that self-hypnosis can help develop concentration skills that are sustainable and can be applied consistently in competitive situations.

The practical implication of this study is

that self-hypnosis techniques can be integrated into athletes' training programmes to improve their concentration. Sports coaches and developers may consider self-hypnosis training as an element in an athlete's mental training programme. In the long term, the increased concentration achieved through self-hypnosis can contribute to improved athlete performance and better results in competition.

However, it is important to remember that self-hypnosis is not the only effective method of increasing an athlete's concentration. There are also other methods and techniques that can be used in concentration training, such as meditation, visualisation, or breathing exercises. In future research, it will be important to compare the effectiveness of self-hypnosis with other methods in order to evaluate the best options for improving athletes' concentration.

Increasing the concentration of petanque athletes through the use of self-hypnosis techniques has important implications in the context of competitive sport. High focus and concentration can help athletes control their thoughts, emotions, and actions while on the court. With optimal concentration, athletes can make the right decisions, improve motor reactions, and improve body coordination.

The self-hypnosis technique was used in this study because of its ability to create positive suggestions and relaxation in the minds of athletes. In a relaxed state, the athlete's mind becomes more open to receiving and internalising the instructions and suggestions given through self-hypnosis. This allows athletes to focus their attention better and ignore distractions that could distract them.

In addition, self-hypnosis can also help athletes manage the stress and anxiety associated with competitive sports. In tense competitive situations, stress and anxiety can distract athletes from concentration, reduce clarity of thought, and hinder their performance. By using self-hypnosis techniques, athletes can learn to control their stress response, reduce anxiety, and maintain optimal levels of concentration. The results showed that the self-hypnosis group experienced a significant increase in concentration levels after the intervention, and this improvement was maintained at follow-up. This shows that self-hypnosis not only has a temporary effect but can also assist athletes in developing sustained concentration skills.

However, although this study provides strong preliminary evidence of the effectiveness of self-hypnosis in improving athletes' concentrati-

on, there are several factors to consider. First, the relatively small sample size may limit the generalizability of these findings to the overall petanque athlete population. Further research with a larger sample could provide a broader understanding of the effectiveness of self-hypnosis in different sports and athletes.

In addition, it is important to consider individual variability in response to self-hypnosis. Each athlete may have a different level of response to this technique, and some athletes may need more intense practise and training to achieve optimal levels of concentration. Furthermore, it is important to pay attention to the ethical aspects of applying self-hypnosis to athletes. Trainers and professionals involved must have sufficient knowledge and skills in the use of self-hypnosis, as well as ensure the athlete's safety and comfort during the intervention.

In future research, other factors that can affect the effectiveness of self-hypnosis in increasing athlete concentration can also be explored, such as training duration, frequency, and more specific application contexts. Overall, this study makes an important contribution to our understanding of the use of self-hypnosis as an effective method of increasing the concentration of petanque athletes. The practical implication of this research is that sports coaches and developers may consider integrating self-hypnosis techniques into athletes' mental training programmes to improve their concentration and performance on the field.

CONCLUSION

This study shows that the use of self-hypnosis techniques can significantly improve the concentration of petanque athletes. Athletes who received self-hypnosis training experienced significant improvements in their concentration levels compared to the control group. These findings provide strong support for the effectiveness of self-hypnosis as an effective method of increasing athletes' concentration.

In addition, research results show that the concentration-enhancing effect obtained through self-hypnosis can be maintained over a longer period of time. This suggests that self-hypnosis can help develop concentration skills that are sustainable and can be applied consistently in competitive situations.

The practical implication of this study is that sport trainers and developers may consider using self-hypnosis techniques as part of a training programme to effectively improve athletes' concentration. In the long term, the increased

concentration achieved through self-hypnosis can contribute to improved athlete performance and better results in competition.

However, it should be remembered that self-hypnosis is not the only effective method of increasing an athlete's concentration. There are also other methods and techniques that can be used in concentration training. Therefore, it is important to continue to explore and compare the effectiveness of self-hypnosis with other methods in order to understand the best options for increasing the concentration of athletes.

In future research, it is advisable to involve a larger sample and look at the effect of self-hypnosis on different sports and athletes. Apart from that, it is also necessary to pay attention to factors such as the duration of the exercise, the frequency, and the context in which it is applied, which can affect the effectiveness of self-hypnosis.

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