

The Impact of Clinical Hypnosis on Self-Concept and Self-Esteem



Physical Education

KEYWORDS :

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INTRODUCTION:

There are powers of the mind and the life-force which have not been included in nature's present systemization of mind and life in matter, but are potential and can be brought to bear upon material things and happenings or even brought in and added to the present systematization so as to enlarge the control of mind over our own life and body or to act on the minds, lives, bodies of other or on the movements of cosmic Forces. The modern admission of hypnotism is an example of such a discovery and systematized application.

- Sri Aurobindo - Life Divine. Chapter XXIV

Human beings have been progressing on this earth since ancient time. Human being has been into research since time in memorial, due to this; there were various discovery modes; as a result of this world has become quite accessible. We can say that the world has become a smaller place for us. But desires are unlimited in spite of all the luxury we have. In search of fulfillment of this vicious circle, we leave behind mental peace, consequently our heart cries for peace. Our ultimate aim in life is to bring peace, happiness and satisfaction in our life.

To bring this satisfaction and happiness in our life, we have to be quite adjustable. Self awareness is necessary for well adjustment. Self awareness is closely concerned with self-concept. The concept of self, its development and related terms such as ego and character, from perhaps the most controversial area of current psychological theory and research Self-concept helps everybody to grow properly and adjust properly.

Positive self-concept always strengthens the ability of reasoning, problem solving and efficiency of a child. High self-esteem leads a person towards great success. Various researches have showed that hypnosis helps to enhance self-concept and self-esteem.

What is "Self"?

What constitutes the "self" has been pondered by philosophers, poets, artists, and others for millennia. More recently, psychologists have sought to define and research a range of self constructs.

Definitions of self constructs

Self-esteem: Self-esteem refers to general feelings of self-worth or self value.

Self-efficacy: Self-efficacy is belief in one's capacity to succeed at tasks. General self-efficacy is belief in one's general capacity to handle tasks. Specific self-efficacy refers to beliefs about one's ability to perform specific tasks (e.g., driving, public speaking, studying, etc.)

Self-confidence: Self-confidence refers to belief in one's personal worth and likelihood of succeeding. Self-confidence is a combination of self-esteem and general self-efficacy.

Historical conceptions of "Self"

Character development, personal growth, and development of self-constructs are commonly valued goals in Western society, and are largely taken for granted as desirable. However, this is a relatively recent phenomenon:

Between 700 and 1500, the concept of the "self" referred to

only the weak, sinful, crude, "selfish" nature of humans. The evil "self" was contrasted with the divinely perfect nature of a Christian soul.

Joseph Campbell believed the concept of an independent, self-directed "self" didn't start to develop until about 800 years ago. So, it is a relatively new idea which has grown in importance. In medieval times, values and meaning were dictated by the community ("do what you are told to do").

"Self" in the 20th century

Previous to the 20th century, social institutions, including schooling and psychology (which barely existed) did not emphasize the development of positive beliefs about "self". There was greater emphasis, for example, on developing relationship to divinities and organized systems of government. With the ousting of religion as the dominant organizational culture in Western society, and the rise of capitalism with its emphasis, particularly in North America, on expression and valuing of personal freedom, a 'cult of the self' has blossomed.

Self-concept

The self-concept as an organizer of behavior is of great importance. Self-concept refers to the experience of one's own being. It includes what people come to know about themselves through experience, reflection and feedback from others. It is an organized cognitive structure comprised of a set of attitudes, beliefs, values, variety of habits, abilities, out looks, ideas and feelings of a person.

Consistency of behavior and continuity of identity are two of the chief properties of the self-concept. Wylie 1974, Brook over 1988 and Mishra 1989 indicates that self-concept is positively related with their school achievement. Self-concept is a factor which helps to study the human behavior and personality.

Definitions and meaning of self-esteem

Given its long and varied history, the term has had no less than three major types of definition, each of which has generated its own tradition of research, findings, and practical applications:

1. The original definition presents self-esteem as a ratio found by dividing one's successes in areas of life of importance to a given individual by the failures in them or one's "success / pretensions". Problems with this approach come from making self-esteem contingent upon success: this implies inherent instability because failure can occur at any moment.
2. In the mid 1960s Morris Rosenberg and social-learning theorists defined self-esteem in terms of a stable sense of personal worth or worthiness. This became the most frequently used definition for research, but involves problems of boundary-definition, making self-esteem indistinguishable from such things as narcissism or simple bragging.

Hypnosis and clinical hypnosis

To average person 'hypnosis' is a technique used only for mysterious purposes by people with strange skills and special powers. Most of our perception and understanding of this science is based on incorrect or insufficient information. Hypnosis is a science which can be of immense value to us.

Hypnosis is an altered state of consciousness with a shift of focus of attention. There are several psychological and physiological changes associated with the state.

Definitions and meaning of hypnosis

The earliest definition of hypnosis was given by Braid, who coined the term "hypnotism" as an abbreviation for "neuron-hypnotism", or nervous sleep, which he opposed to normal sleep, and defined as:

"A peculiar condition of the nervous system, induced by a fixed and abstracted attention of the mental and visual eye, on one object, not of an exciting nature"

History of hypnosis

Precursors of hypnotherapy have been seen in the sleep temples and mystery religions of ancient Greece-Roman society, though analogies are often tenuous. Indeed, some parallels can be drawn between hypnotism and the trance-inducing rituals common to most pre-literate societies.

What is hypnotherapy?

It is one kind of psychotherapy. It is non-invasive and usually non-analytical. The therapeutic uses of hypnosis as an adjunct or mainstay to control or cure psychological disorders or clinical diseases come in this domain.

How is a hypnotic trance induced?

There are several ways to induce hypnosis, and different hypnotists will use their own favorite methods. Stage hypnotists and hypnotherapists may employ different methods. Some hypnotherapists like to start with some form of fascination. They may ask us to concentrate on a revolving spiral, or some other object.

But don't be disappointed if this technique is not used, as it is just a variation, not a necessity. Honestly, not many people ask us to gaze into their 'piercing eyes,' or stare at a swinging watch these days. That sort of thing has more to do with old fashioned Hollywood movies than modern hypnotherapy.