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The Effectiveness of Hypnotherapy in Increasing Self-Esteem in Adolescents

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Abstract

This survey investigates the effectiveness of hypnotherapy in increasin self-esteem in adolescents. Self-esteem is one of the psychological structures and also a prominent factor of consciousness that has attracted a lot of psychologists and researchers for several recent decades. Learning this fact that experiencing some emotions is "good" or "bad" is directly related to self-esteem, positive self-assessment, or unconditionally positive view. Having a positive view regarding yourself or the others is exactly similar to accepting yourself or the others the way you and they are; to consider yourself a loveable, good and precious person, your experiences and behaviors should be compatible with the conditions of your eligiblity and preciousness. The current research regarding the efficacy of hypnotism in self-esteem has employed quasi-experimental method and was conducted among a statistical population including all the adolescents aging 15-18 in Mashhad and 70 participents from three different grades were selected via random sampling method and "Cooper-Smith self-esteem questionnaire" was excuted as the pre-test and 30 adolescents with low self-esteem points and high imagination capabilities were chosen and divided into two identical groups and put in the control or experiment group randomly.
The findings showed that hypontism inductions were effective in increasing adolescents' self-esteem thus, therapists can consider the role of this approach in increasing self-esteem as an important factor.

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Introduction

Self-esteem is one of the psychological structures and also a prominent factor of consciousness that has attracted a lot of psychologists and researchers for several recent decades. Frustration to satisfy one's needs does not end up in the immediate death of one's biological functions, instead it can lead to the reduction of the biological functions to perform their concerning duties and also result in decreasing the efficacy and capabilities of human being. This point can be applied in psychological needs in general and sel-steem requirements in particular.

It is a must to teach human beings that their lives' frustrations, disappointments and demolitions is connected consequently to their self-esteem and they should trace the factors that causes the lack of self-steem. Equally it is important to teach him how to tackle these issues, and the solution exists in self-love and self-expression as much as possible and this contains retaining self-esteem at its highest value and granting the most splendid and majestic intrests and cares to it and knowing that each step taken in this way, would free human beings from their imprisonment in the past griefs and memories and would expose him/her to the lights of real humanity.

Self-esteem is the reliance on a particular ability to achieve values and insists on "I can". The greatest honor that one can enjoy is the honor of attaining self-esteem and because self-steem is the value that should be gained, the person who achieves it would be aware of this fact that his/her self-steem is not bound to a particular failure or victory in a specific field because all the affairs in the world are not under human beings' control. The lack of understanding such facts leads to a great deal of doubts, hesitations, worries and unnecessary stress and anxiousness. If a person judges his/her self-steem on the base of criteria affected by the external causes, the result would be a shaky self-steem that always will be vulnerable.

A psychologically sound and healthy individual does not depend on the others for his/her self-steem; this person expects others to understand and recognize his/her values not to add to them or determine them.

If an adolescent along with his/her puberty maintains his/her will to percieve and learn, his/her will necessarily will be directed toward a deep understanding . searching for such intellectual principles and thinking on issues using these principles will guide adolescents to attain awareness and recognition. Without integration these principles are not feasible and without perception in the form of principles, mind integrity is impossible. The method of thinking and imagining in terms of principles is the main characteristic of psychological maturity and it has an undeniable and absolute relationship with achieving self-esteem. Thus, maintaining a desire to understand and percieve in all aspects of one's life is the primary and necessary condition to attain self-steem. Humans come across problems in their evolution path. The way they select to confront these problems has a huge reflection on their self-esteem.

There are variety of methods and elements in psychotherapy that consist of identification of one's emotions and tendencies, learning the effective methods of thinking to guide one to confront one's paradoxical characteristics and etc. therefore, it is recommended to make the patient aware of the importance of thinking in terms of behaviors and actions. For example which actions (either value appraisal or existential tendencies) make the patient create his/her problems and which actions retain his/her problems? How and with the help of which actions he/she can reverse the flow? Which actions ensure the patient to achieve that kind of life he/she desires?

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Hypnotherapy enables the patient to attain the most powerful level of mind concentration to make available the supressed and forgotten issues. Therapist must gain the skill of questioning. A part of this skill relies on the training he/she has passed to question him/herself regarding the recognition and discovery of his/her supressed feelings and the frequency of these questions.

One of the worst mistakes that one can make regarding one's self-esteem is the feeling of guilt whereas one is actually free of guilt i.e. he/she imposes this feeling to him/herself that he/she should do this particular work somehow or "I should know that matter somehow" while the words "should" and "somehow" are lacking the cognitive content and these terms are not more than vague and ambiguous issues and have no back-up. Even though we can enumerate specific reasons why a lot of people are exposed to these mistakes, they are not at fault; lacking a wise thinking and rational intellectual policy in the past has created a total distrust feeling in themselves in them and they can never make sure about their moral conditions. The solution to tackle this issu is to identify and determine the reason of distrust in themselves. Trying to reach to a rational method to confront guilty feelings would help to reinforce the will and self-steem.

A person who tends to supress his/her valuable wishes and bury his/her development due to moral confusions or lack of confidence or not being pragmatic or being unrealistic, his/herself is not apparent to him/her and continually tries to isolate him/herself from the society and this person tends to leave life behind and behaves indifferently and imprisons him/herself in these insensible world and prevents to reveal his/herself in public and to people ; till the time his psyche is involved in such a process and is not freed, till the time he/she does not come to know his/her values and can not make these values getting acted upon and objectively revealed, inexorably this person would feel frustrated and dissatisfied in his/her humanitary relationships. A person's emotions in life affect the formation of his/her basic values prominently. Regarding this fact that generally value selection is based on one's implicit attitude and the world where one has to take an action in, one's feeling about life is the foundation of one's whole perceptions, reactions, feedbacks and emotional impressions.

Methodology

This survey is a quasi-experimental research. The statistical population used in this survey included all the adolescents aging 15-18 studying in Mashhad high schools in 2012-2013 academic year. And the selection was carried out by random sampling which resulted in choosing 70 participents from third distinctive grades and Cooper-Smith self-steem questionnaire was implemented among them as a pre-test and 30 adolescents with low marks in self-steem and high powers of imagination was selected and divided into to identical groups and put into two control and experimental groups randomly. The experimental group members were induced via hypnotism for 5 sessions and in their therapy we used several methods such as progressive relaxation techniques, guided visualization, cognitive combinations and self-hypnosis training. Control group members took no therapy at all. Then post-test was carried out among them and data was analyed by co-variance analysis method.

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Findings

The points gained by the subjects of the experimental and control group after implementing the independent varialble i.e hypnotherapy have a significant difference and 20% of such differences was due to taking part in hypnotherapy sessions and P < 5%. The results of this research proved that hypnotherapy inducing was effective in increasing adolesents' self-esteem and therapists can consider the role of this approach in increasing adolescents' self-esteem as an important factor.

Conclusion

If we consider one's feelings as a source of prosperity and happiness and not a source of suffering and pain, one should learn to ponder on them. Wise awareness is not a deadly poison for human beings but it sets them free from their restrictions.

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