HYPNOSIS MODEL TOWARDS UNIVERSITY STUDENTS' THINKING SKILL

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Abstract

Nowadays, learning activity in University expects student to build the mind set in cognitive structure and improving the thinking skill of student. Every movement in our ideas, concepts, and so forth is called as thinking. However, the way how to build this skill is still less. This paper is design using library research model which analyse the data qualitatively. Moreover, this also telling about how the lecturer can fulfil and improving the students' thinking skill with a hypnosis model. Changing perception that learning is not about the score but how we can develop our mind to be creative. APA Division 30 state that hypnosis is a state of consciousness involving focused attention and reduced peripheral awareness characterized by an enhanced capacity for response to suggestion. Therefore, using hypnosis model can train university students' mind to think out of the box and not fixated with the material. Through the subconscious mind of student, the lecturer gives the point or clue of the material and they will develop by their own.

Keywords: hypnosis, university students, thinking

Introduction

Learn in University is not about how we catch all the material and get the high score. The essence of learning in university is to build the mind set in cognitive structure and improving the thinking skill that they have. Students are expected to be able to integrate their knowledge and experience which they have to solve the problem in the learning process and the other problem in life.

Nowadays, we even meet that learning process in the class directed to transfer knowledge as much as possible to the learner rather than the transfer activity of skill for obtaining, arranging, utilizing the knowledge optimally and effectively. This learning strategies is not totally wrong but less beneficial. With this strategy, the learners are not creative, have a poor idea, and learning activity become useless because they have been forced by the teacher to master the information that the teacher gives so they are not use their own creativity, they can't improve their thinking skill and usually they can't compare the theories and the reality.

The ideal thing of learning system in university now actually should give the chance to students to have thinking skills. Students not only learn to memories the facts which give by lecturer in class, but should be able to see the phenomenon beyond the facts. The student should be facilitated to thing and do with their own way. While improving student skills, the lecturer also can use the hypnosis model to build their confidence and motivate them to thing out of the box and give the innovation. Husen (1995: 85) stated that the students should be learned to find their own knowledge and can implementing that knowledge. The job of university gave the skill about how they can learn by their self. So, the lecturer set the subconscious mind of the students about the skills which help them to have a good thinking skill.

Thinking, also known as cognition, is very difficult to define, as it includes any processes of the human mind, such as attending to information that is received, representation our minds, reasoning about it employing judgements on it and making decisions regarding it (Mason et al, 2003: 67). Quite generally, every movement in our ideas, concepts, and so forth is call thinking (Bochenski, 1963: 53). Thinking is also a

mental activity which involving a brain. Drever (in Walgito, 1997 citation from Khodijah, 2006: 117) also said that thinking is practising ideas with the right way and carefully starting with a problem. Therefore, thinking is the processing information mentally or cognitively. Formally, thinking is re-preparation or cognitive manipulation of information from environment or symbols which saved in long term memory. Khodijah (2006: 117) also said that thinking is the representative of symbols from the many items.

From the perspective of phenomenological-perceptual psychology (Combs, Richards, & Richards, 1988) hypnosis or the hypnotic experience may be understood as a level of awareness or aspect of the stream of consciousness characterized by a function of perception and need for adequacy which reorganizes the phenomenal field and involves a shared phenomenal field through identification with others which is enhanced through the therapist-client relationship. The most recent definition of hypnosis published by the American Psychological Association (APA) Division 30 is that hypnosis is "a state of consciousness involving focused attention and reduced peripheral awareness characterized by an enhanced capacity for response to suggestion" (Elkins, Barabasz, Council & Spiegel, 2015, p. 382). According to Kirsch (2000), "Hypnosis has been applied to the promotion of well-being and creativity". It is also one of the oldest mind-body approaches in which many ancient groups/cultures used as healing practices toward states of altered awareness. Mende (2009, p. 182) states that "even though suggestion phenomena exist outside hypnosis, hypnosis is the only therapeutic technique making systematic, intentional usage of suggestions."

Methodology

This research design using library research model. which is use the literature such as a book or the same research document in the past. The aim of this research is to make new things or model that can solve the problem which is investigated. this data will analyse qualitatively.

Qualitative research has two main purposes: first, describe and reveal (to describe and explore) and both describe and explain. Most qualitative research is descriptive and explanatory. Noninteractive research (non-interactive inquiry) is also called analytical research, conducting assessment based on document analysis. The researcher collects, identifies, analyses, and synthesizes data, and then provides interpretations of concepts, policies, events that are directly or indirectly observable. Conceptual analysis is a study or analysis of important concepts interpreted by users or implementers in a variety of ways that lead to confusion, for example: the thinking skill of university student, hypnosis model. In this research will be much studying the way of application of hypnosis model toward students' university thinking skill.

Finding and Discussion

Students' university should have creative thinking skill and not fixated with the material that the lecturer gave. As Husen (1995: 85) has been said that students should be learned by their own knowledge. By that knowledge they could make decision, solving problems with practising ideas with the right way and carefully. In addition, when we could process the information mentally or cognitively which improve the cognitive skill of student through their imagination and not remembering the whole material is more effective in learning process. Lecturer should touch the subconscious mind of student, activate their creativeness.

By using hypnosis model, what the lecturer do at the first time is make the student enjoy and relax in the class because when the student is relax, the critical factor of the student open and lecturer can be easier to get the relation of students' subconscious mind. This is about a level of awareness of students' consciousness which characterized by a function of perception and need for adequacy which reorganizes the phenomenal field and involves a shared phenomenal field through

identification with others which is enhanced through the teacher-student relationship.

Based om APA according to hypnosis which said that hypnosis is a state of consciousness involving focused attention and reduced peripheral awareness characterized by an enhanced capacity for response to suggestion, this is what the lecturer job to give them suggestion that activate their creative thinking through the how the student response about the material and awareness of the students toward the material. In learning process, the lecturer just gives the clue of the material and student will explore it in their mind, creating meaning on their own so it can be easier to remember, to thing outside the box.

Hypnosis can be applied to the promotion of well-being and creativity. Hypnosis according to kirsch is also one of the oldest mind-body approaches in which many ancient groups/cultures used as healing practices toward states of altered awareness. Moreover, it can be growth their thinking skill when they can create the reflection in their mind about the material, their environment and their experience and how it can be related each other. Lecturer also should give the motivation so the motivation can be embedded in their subconscious mind. In this aspect, motivation also needed as additional suggestion for students. All the memories have been saved in subconscious mind and we can say as long-term memory. This point show that when we can apply this model to students all the memories have been saved in subconscious mind and we can say as long-term memory.

Conclusion

Learn is not about how we catch all the material and get the high score but this about how we build mind set and improve our cognitive skill through the creativeness in learning. And for lecturer, teaching is not just the transfer of knowledge, but learners are able to transform well into real life which will help students in future life when they graduate and struggle in the real life.

Hypnosis model could train subconscious mind of student. Using this model can activate their creative thinking and prepared them in future. lecturer can activate the creative thinking through suggestion and also motivation. In addition, learning activity is not just transferring the knowledge but also the activity of train their mind, train their cognitive skills to solve the problem. Moreover, all of that memories saved on subconscious mind as long-term memories. The core of this study is how we train our mind (subconscious mind) which has a big control in our daily life. Solving problem is not about how smart we are, but it is about how creative you are.

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