

# The Analysis of Hypnotherapy Model for Smokers

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## ABSTRACT

Hypnotherapy is an effective technique to reduce the behavior of smoking by giving impulses to the subject in reducing the smoking desire. The research purpose is to analyze the hypnotherapy effect on decreasing the smoking intensity in adolescents. The research participant was 12 new students in one of the faculties at Universitas Negeri Makassar with an age range of 18-20 years. Instruments in this research are using pre-test and post-test measuring instruments. The analysis of the hypothesis will be performing used the Wilcoxon Match test. The results of the study prove that hypnotherapy affects the decrease in the intensity of teenage smoking ( $p = 0.001$ ). Based on the results obtained, hypnotherapy can be an alternative technique for teens in reducing their smoking intensity.

**Keywords:** *Hypnotherapy, smoking intensity, teenagers*

## 1. INTRODUCTION

The period of adolescence is the peak period when individuals experience a storm-and-stress view. At this time, individuals quickly experience upheaval due to conflict and mood swings so that individuals' thoughts, actions, and emotions are easily changed [1]. Adolescence is a time of transition, change, seeking identity, being unrealistic and problematic. At this time, teens no longer want to be called children. Teenagers always try to display symbols that show maturity, by acting as they wish, a mindset that is contrary to the wishes of parents [2].

Rebelling and against the rules given by parents is one way for adolescents to find their identities. Still, when parents give negative responses, teenagers will look for other alternatives through association with peers or groups. Teenagers will try to be accepted in groups so that they tend to follow the habits and behavior of groups, both positive and negative. Furthermore, smoking is one of the negative behaviors that often found among adolescents [3]. Colby describes smoking in teenagers into stages; namely, The initial stage begins with the formation of attitudes and beliefs about smoking before ever trying cigarettes. Early experiments refer to the experiment with a few rods of cigarettes first. The next stage is regular cigarette use, with the frequency of smoking gradually increasing in various situations. At the last stage, adolescents will enter the level of addiction or nicotine dependence [4].

The habit of smoking has much impact negatively. A study revealed that the cause of death was premature, and undermined human health is smoking. The statistic shows that death caused by pneumonia or respiratory infection, cancer, emphysema, and coronary heart disease, all triggered by smoking [5]. Based on the explanation, the negative effects caused by smoking activities must be minimized. Various ways have been done to reduce smoking activity. They were starting from the warnings printed on cigarette packages, the implementation of smoke-free areas and public service advertisements broadcast on television and radio. However, these efforts have not been significant in reducing smoking rates in adolescents.

In 2010, one in three teenage boys aged 15-19 years became an active smoker. The longer a person starts smoking, the younger, children aged 5-9 years have started smoking with an increase of 0.4% in 2001 to 1.7% in 2010 [6]. One of the factors that increase adolescent smoking is due to the mindset of adolescents who perceive smoking as a symbol of maturity. Therefore, this behavior is often found in the middle school age. [3].

Specifically, in Makassar, a survey showed that adolescents who never smoke are 55.2%, and adolescents who smoke are 26.1%. The age level of smokers of 10-14 years is 2.2%, 5-9 years, 0.8%, and 7.7% age 14-20 years [7]. The same behavior was also found in new students of one of the faculties at Universitas Negeri Makassar, with 16% of smokers percentage. Through interviews with the class leader and one of the students

who smoked, he said that among seventy- nine students of the same class, twelve smoked, and they smoked an average of 7- 20 cigarettes per day.

Hypnotherapy is recognized as a therapeutic tool by a group of medical professionals and it considered a therapy that can change individual behavior patterns [8]. Hypnotherapy is one way to reduce or even stop individuals from smoking. By giving suggestions to build awareness about the dangers that haunt their lives, as well as providing suggestions about the positive impact that will be generate when quitting smoking.. Moreover, hypnotherapy is an effective technique used in dealing with psychological problems experienced by individuals to change the thinking mechanism in interpreting life experiences encountered to shape perceptions and behavioral changes by touching the most basic impulses in individuals [9].

Research showed that hypnotherapy is effective in reducing the desire to smoke with a result: 81 % of patients successfully quit smoking after the treatments [10]. Research conducted by Mohamed and EIMwafie also proved that hypnotherapy was effective in reducing the desire to smoke. Hypnotherapy, as an alternative, is used to reduce or stop the desire to smoke by acting on impulse, which will weaken teenager's desire to smoke. Hypnotherapy is considered to be the recommended method of minimizing the desire to smoke in adolescents because it can lead to higher adherence and can affect one treatment [9].

Based on the background presented, the researchers want to use hypnotherapy techniques to reduce the level of smoking behavior intensity in adolescents, by giving positive suggestions and instill a strong desire in the client to stop the habit of smoking.

## 2. METHOD

This research is a quantitative study with a quasi-experiment. The variable in this study are a) Independent variable (X): Hypnotherapy; b) Dependent variable (Y): Smokers.

### 2.1. Research Participant

The sample that will be the subject of the subject is men new students aged 18-20 years at Makassar State University. They are included in the moderate and heavy smoker categories.

Mechanical taking samples in this research are purposive sampling. Mechanical purposive sampling is one part of nonprobability sampling. Subjects selected on the criteria set by the researcher [11].

The type of smoker can be show according to the number of cigarettes smoked per day as follows [4]:

**Table 1.** Type of Smokers

Type of Smoker	Number of Cigarettes
Light	1-4
Moderate	5-15
Heavy	>15

### 2.2. Research Instruments

Instruments in this research are using pre-test and post-test measuring instruments. The questionnaire consisted of several questions given to subjects before and after hypnotherapy treatments. In addition to using a questionnaire, researchers also used observation and interview techniques on the subject used as supporting data. Questionnaires were used in this study was a questionnaire made by the researchers refer to the frequency of smoking behavior expressed.

### 2.3. Research Design

This study applies three stages; the first stage is collecting data about the client, which includes smoking frequency data. The second stage is the stage of giving hypnotherapy by a certified hypnotherapist for about 20 minutes to the client and suggesting the client to stop smoking. The third stage is controlling the smoking frequency reports smoke after the hypnotherapy process before.

### 2.4. Effectiveness Test

The effectiveness test is to compare the participants smoking intensity before and after hypnotherapy. The hypothesis built on the effectiveness test is as follows:

Ho = There is no difference in the participants smoking intensity before and after hypnotherapy.

Ha = There is a difference in the participants smoking intensity before and after hypnotherapy.

Jika nilai probabilitas dari hasil uji efektivitas (Asymp Sig.) > 0.05 Ho ditolak dan Ha diterima.

If the hypothesis test results show that the probability (Asymp.Sig) <0.05, then Ho is rejected and Ha is accepted.

## 3. RESULT AND DISCUSSION

The description of this data is the result of categorizing variables based on the mean empirical data, which is the subject's score on the measuring instrument. High scores indicate high smoking intensities, while low scores indicate low smoking intensities.

According to the explanation from Table 1, it shows that the lowest result of the descriptive analysis of empirical data is 37. The highest score is 140, with the

average value of the hypothetical is 86 and a standard deviation of as much 17,2.

**Table 2.** Empirical Data Description of the Smoking Intensity on Measuring Instrument

Variable	Empirical			Standard Deviation
	Min	Max	Mean	
The Smoking Intensity	37	140	86	28

**Table 2.** Results Categorization of Response Instruments Measuring the Intensity of Pre-test and Post-test Smoking

Subject	Pre	Category	Post	Category
1	87	Medium	53	Medium
2	140	High	65	Medium
3	76	Medium	37	Medium
4	112	High	63	Medium
5	92	Medium	73	Medium
6	72	Medium	51	Medium
7	99	Medium	68	Medium
8	112	High	63	Medium
9	105	Medium	61	Medium
10	140	High	115	High
11	101	Medium	75	Medium
12	117	High	80	Medium

Based on data from Table 2, it shows that smoking intensity decreased from the twelve subjects. It shows from the comparison of the number of cigarettes smoked in one week. Hypothesis test results shown in the following Table 3.

**Table 3.** Hypothesis Test Results with Wilcoxon

	Test Statistics a
	Pre-Post
<b>Z</b>	-3.061 b
<b>Asymp. Sig. (1-tailed)</b>	.001

Hypothesis test results indicate that the probability (Asymp.Sig) <0.05, Ho rejected and Ha accepted. The result of the analysis indicates that hypnotherapy affected the decrease in smoking intensity in adolescents. The difference between pre-test and post-test scores on the subjects studied can be make using Wilcoxon.

Hypnotherapy is one of the therapies that can be used to change human behavior by focusing on a person's subconscious. Hypnotherapy can reduce a person's desire to smoke by giving suggestions about the negative influence of cigarettes into the subconscious [10]. This

was revealed based on the information given by the twelve subjects who revealed that the desire to quit smoking appeared after given hypnotherapy.

Based on the description of the subjects, it was found that all twelve subjects started smoking in their teens. The process of a person becoming a smoker starts in childhood and adolescence [12]. The several subjects revealed that at the beginning, the curiosity about cigarettes emerged, and finally, the desire to try to smoke also appeared. This is in line with the theory that adolescence is a time when someone is impressionable and always wants to try things that have not been done before [12]. The sense of wanting and a sense of wanting to know about smoking is the reason that encourages teens to smoke [3].

The research is consistent with research conducted by Mohammed and EIMwafie, proving that hypnotherapy can reduce or even stop a person's smoking behavior [9]. The same study also conducted by Elkins, Marcus, Bates, Rajab, and Cook proved that in four random hypnotherapy sessions that we can reduce the intensity of smoking by as much as 20% - 25% [8].

This study contributed to a reduction in smoking intensity in adolescents. Based on the results of previous research [13], a person values their environment, such as family, friends, and social media. Even the results of prior research [14] show that adolescence is an age that is easily influenced or to try new things. Therefore hypnotherapy provides suggestions and negative influences on the subject to stop their habit.

**4. CONCLUSION**

Hypnotherapy can reduce the smoking intensity in adolescents. This is indicated in the post-test results that are smaller than the pre-test results on the subject.

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