

18.1.2025

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Title

Hypnosis-induced mental training programmes as a strategy to improve the self-concept of students /

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Publication year

2009

Source/Footnote

In: Higher education. - 57 (2009) 2, S. 141 - 154

Inventory number

25633

Keywords

Ausland : Südafrika : einzelne Hochschulen ; Ausland : Südafrika : Studenten, Studium, Lehre ;

Studentenschaft : Studienverhalten

Abstract

The creation and implementation of strategies that could improve student development is receiving new research interest. The main objective of the research was to establish whether hypnosis-induced mental training programmes as a strategy could alter the self-concept of students which in turn could improve their overall academic functioning. Two experimental and two control groups were randomly selected from a population of undergraduate psychology students at the University of Stellenbosch in South Africa. The analysis of variance showed that the two hypnosis-induced mental training programmes had a significant positive effect on the self-concept of the participants. (HRK / Abstract übernommen) Louw, D. A., E-Mail: louwda.hum@ufs.ac.za