Title: The Effects of Hypnosis on Students' Academic Performance

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Statement of the Problem

Main Problem:

Does hypnosis make any difference on the academic performance of students?

Sub-Problem:

Does hypnosis make any difference on students' academic performance considering their intelligence and sex?

Procedure:

Posttest scores administered to both the control and experimental groups. Then the experimental group underwent eight hypnotic sessions lasting one to one hour and a half for each day. A day after the last session, Posttest was administered to both groups. A month later the subjects were given the final test.

Treatment of Data:

Two sets of data were analyzed:

1. Posttest residualized gain scores
2. Final test residualized gain scores

The data were analyzed using the Analysis of Variance with orthogonal comparisons.
Findings

1. In the overall, hypnosis improves the academic performance of students.
2. Hypnosis improves the academic performance of the less intelligent students.
3. Hypnosis improves the academic performance of the female students.
4. Specifically, hypnosis improves the academic performance of the less intelligent female students.

Conclusions

On the basis of the results and findings it can be concluded that hypnosis does have an effect on the academic performance of students. The effect is very remarkable in the performance of the less intelligent female students.

With this, hypnosis paves another route towards helping students improve their academic performance.

Recommendations

In the educational field it is recommended that programs and strategies be instituted and implemented in schools as part of the various attempts of upgrading, if not healing, the intellectual development of students. This can be done by incorporating into the school curriculum a course in hypnosis whereby the benefits of hypnosis can be properly disseminated. In addition, there is a need to establish a center or clinic to be manned by a competent hypnotherapist whereby proper consultation and hypnotherapy sessions can be undertaken. Furthermore, research on this area are encouraged.