

FISIP UPNVJ Holds Hypnosis Scientific Seminar

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HumasUPNVJ - As we know, the current pandemic conditions force us to adapt to conditions that require us not to communicate face to face directly. All fields including the education sector are trying to maximize these limited conditions with various efforts, all educational institutions are currently implementing distance learning, which also has problems and obstacles. Where lecturers and students must try harder to be able to provide learning that students can understand and students can understand learning with long distance interactions.

Hypnosis is a science where humans can control the subconscious through the conscious mind and can train our conscious mind to be able to focus, especially for students with current distance learning. For this reason, the Faculty of Social and Political Sciences (FISIP) UPN Veteran Jakarta (UPNVJ) held a Hypnosis Seminar with the theme "How to Condition the Subconscious Mind through the Conscious Mind" which was held online, on Monday (24/08/20).



As an opening, UPNVJ Chancellor Erna Hernawati said "I must say that this activity can benefit us in knowing and managing our subconscious so that we can optimize each other's subconscious. It also needs to be reminded of future challenges, even during the current lecture process, we must have strategies that can be carried out by maximizing our brain function. In this way, we can make the most of our brains. The material is very important and it's not enough to do it once, maybe in the future we can deepen it again," said the chancellor.

This Hypnosis Seminar presented two speakers, namely Dr. drg. Gilang Yubiliana M.Kes., CH-T Lecturer at FKG UNPAD who is also *the Founder of Indonesia's Leading Expert in Dental Hypnosis (Hypnodontics)* and Dr. Antar Venus, MA., COMM UPNVJ Deputy Chancellor for Academic Affairs. .

In his discussion, Gilang conveyed a discussion about tinkering with the subconscious mind using the conscious mind through *self-hypnosis* while studying at home.



Gilang explained how to be successful or the key to success. With 10 main factors determining success, namely Honesty (Being honest with all people), Hard discipline (Being well-disciplined), Easy to get along with people, Companion support (Having a supportive spouse), Hard work (Working harder than most people), Love for what is done, Leadership (Having strong leadership qualities), Competitive personality (Having a very competitive spirit/personality), Organized life (Being very well-organized), Ability to sell ideas (Having an ability to sell my ideas/ products).

Gilang also conveyed four basic character improvements so that students have the courage to make changes for improvement.

"Humans have 2 kinds of thoughts according to western psychology, namely the conscious mind and the subconscious mind. The conscious mind controls all of us 1-5% while the subconscious mind can control younger siblings from 95-99%. So if you want to become successful, you need to tinker with the subconscious mind using your conscious mind," said Gilang.

In addition, Antar Venus also explained the theory of human brain waves as a hypnosis process. Venus, a good hypnosis process, is in the Theta waves, where the condition is half awake, relaxed, looking for creative ideas, daydreaming, half asleep.



"In the Theta hypnosis approach, the more we relax, the more effective learning is, so learning is maximized. Our brain waves are at the Theta level before going to sleep, in this condition we can focus ourselves by providing solutions to problems or things that haven't been implemented yet and we will do them in the future so that when we wake up in the morning we automatically have lots of ideas popping up to solve the problem that we have focused on last night before going to bed, "said Venus.

"So make your brain waves relaxed by making our learning atmosphere more relaxed, for example by listening to music, lecturers when giving teaching can by sharing stories that are relevant in life or the latest things, this will provide a great sense of curiosity for students said Venus.

Providing a calm condition within us can be done with hypnosis. Hypnosis is an act of communication to instill suggestions into the subconscious mind by cutting the path of the conscious mind.

Venus also explained six hypnosis-based learning methods which can be implemented in the teaching process which include creating a relaxed atmosphere, making study plans and solving problems, focusing, creating a rich and fun learning environment, growing motivation and interest in learning objects, positive *self. talk*.

With all the processes carried out, it is hoped that it will provide interest and change the atmosphere in the teaching and learning process. The teaching targets desired by the lecturers will also be more precise and faster to achieve.

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