

# **ACTIVITY OF HYPNOPARENTING APPROACH IN THE PARENTS' ASSISTANCE OF WELL-ACHIEVEMENT STUDENTS IN SWIMMING FIELD**

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## **ABSTRACT**

The objectives of this study were (1) to plan and implement the hypnoparenting approach in the parents' assistance of well-achievement students in swimming field, (2) to arrange the use of the hypnoparenting approach in the parents' assistance of well-achievement students in swimming field, and (3) to design the forms of hypnoparenting approach for swimming athletes. The activity of hypnoparenting approach in the parents' assistance of well-achievement students in swimming field was conducted on October 5<sup>th</sup> – 6<sup>th</sup>, 2013. There were 43 participants. Then, the methods employed were lecture, question and answer, case study, demonstration, real practice, and evaluation.

The findings revealed as follows: (1) the target of 40 participants were fulfilled although it was done separately due to the participants' time limitation, (2) the implementation of the hypnoparenting approach in sport activity aimed to improve concentration was successfully followed by 43 participants, and (3) 89% of the participants could be able to do simple hypnosis towards the subjects. Therefore, regarding to the findings, there were some recommendations as follows: (1) It was necessary to provide a guiding book of hypnoparenting in order to ease the instructor and parents of the athletes in the implementation if there was some psychological problems appear during the practice, match, home, etc. and (2) the PPM activity of hypnoparenting approach in the parents' assistance of well-achievement students in swimming field was worth implementing supported by the higher-level-training especially with the children psychological-oriented problems

Kata Kunci: *hypnoparenting, assistance, parents, well-achievement children, swimming*