

# **Hypnosis is an Effective Tool for Enhancing Sports Performance**

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Every sportsperson dreams of having an unbeatable record in their game. If you are a sportsman or woman you most probably share the same feeling. An athlete believes that I am the master of our game, but somehow victory seems to slip through your fingers on many a occasions. Athletes irritate yourself for not getting it right and wonder what happened to your performance at the crucial moment.

To achieve peak performance, the mind and body must work together. Your mind and body must both be trained to winning patterns of performance. Within your mind lies the power to fine-tune your body, allowing you to perform at your highest level. This program increases your ability to relax and focus in competition. Your inner mind is taught to aid in motivation during training, working in smooth cooperation with our body to obtain successful and healthy athletic achievement. Olympic athletes use such techniques daily, and you are also capable of incredible physical feats when mind and body are synchronized.

Regular mental workouts are as important as physical workouts in the gym. Do not let your mind hold you back. Strengthen your mind. Exercise you're conscious and unconscious; they also become stronger just like your body does. Improve your body. By using your mind properly, you can strengthen your mental "muscles" and your body will follow with improvement as well. Connect your mind and body.

What can mental training through hypnosis do to make you a better performer in your athletic endeavors? Hypnosis in sport performance will coach your mind to easily face any challenges you will face in your physical training. Whether insecurities come in the form of low levels of motivation or fear of failure; hypnosis in sport performance will painlessly guide your mind through exercises specifically formulated to overcome these insecurities while you are in a peaceful relaxed state.

Many sports professionals have learned the secrets of hypnosis in sport performance and how hypnosis takes an athlete to the next level. Training the mind is as crucial as training the muscles and any serious athlete should know not only the importance of mental training, but also the benefits. Hypnosis in sport performance is one of the easiest ways to bring the mind to the level of peace it needs to be a successful athlete of the highest potential.

Serious athletes are often determined to find anything that will give them an edge over their competition, as well as help them perform optimally. Hypnosis has been utilized by many such athletes to improve their game. While some regard hypnosis as some mystical or magical form of mind control, it is actually a legitimate form of treatment which has proven to be effective in bringing about positive change, developing new habits and behaviors, and releasing unhealthy or unproductive emotions, habits and behaviors. Many well-known athletes have worked with highly trained hypnotherapists to achieve significant gains in their personal performance, regardless of their sport.

Since the unconscious mind is really the driving force between most of our beliefs and behaviors, it makes sense that a technique which elicits change at the unconscious level can be highly effective. Hypnosis is such a technique. Hypnosis can help an athlete overcome issues of self-doubt which may be keeping him from moving to the next level. It can help an athlete hone his skills, fine-tune a technique, and have a level of self-belief and confidence which will enable him to excel beyond what he may have previously thought possible. Hypnosis can also help an athlete acquire the intense focus required to be at the top in his sport. Hypnosis can help an athlete overcome performance anxiety or pre-game jitters which can make the difference between winning a gold medal and coming in 6th place.

The term hypnosis comes from the Greek word for sleep: "hypno." James Braid coined the term hypnosis, in 1841, with his theory that hypnosis was a sleeping state of the nervous system. This theory turned out to be accurate, and many new self-help techniques have been developed since! During this 'sleeping state,' the mind can be programmed to react to various triggers. This is how hypnosis in sport performance works: by training the subconscious mind to react a particular way when signaled.

Sports Hypnosis combines hypnosis with traditional sports psychology to assist with many common sporting psychological problems. It is particularly effective for building confidence, overcoming poor past performances, and visualizing new or complicated techniques.

Suggestion is not a phenomenon that works only on the unconscious mind; its use can be just as effective at a conscious level. Countless experiments by psychologists and physiologists have proven that the human being can change his or her own beliefs significantly enough to alter the body in some astounding ways. Pain is eased or physical

ailments cleared up in situations where drugs were unable to assist. Likewise athletic and sporting performance can be increased dramatically in many areas; style correction, technique, speed and strength enhancements are particularly effective.

In simple terms hypnosis is the word used to describe a state in which a person's mind remains calm, concentrated and aware whilst their body becomes completely relaxed. They experience a tremendous sense of well-being and peace of mind, sometimes even euphoria or bliss. In this state the mind is more receptive to positive suggestions and it is possible to access areas of the mind that are beyond the normal level of conscious awareness i.e. the subconscious

Every person in this world goes into hypnosis at least twice a day, when you go to sleep at night and when you awaken in the morning. You have to go through this level of hypnosis, to get from being awake and conscious to being asleep and unconscious, that is hypnosis. Other time in our lives, when hypnosis naturally occurs is during daydreaming which is a type of visualization. In this case, one is becoming more focused on a given subject and less aware of their outer experiences, although in hypnosis one is more aware at a subconscious level. This brings with it-increased awareness of the body's senses.

If you did not have the ability to go into some state of hypnosis you would not be able to do many other everyday tasks. Such a task would be mathematics, you would not be able to visualize in your mind sums or calculate them to any degree. Watching television would be a problem as it would be difficult to become associated with characters and plots, without imagining yourself in those rolls. We will discover later how this type of association is very powerful in 'sporting behaviour change'.

We have all, at some time in our lives set an alarm clock to wake us up in the morning only to find that we awake a few minutes before the alarm goes off. So how or why does this happen. When we set the alarm, say to wake up at 6:00am, we also program our subconscious to wake us up at that time. By looking at the clock whilst setting the alarm we also synchronize our own body clocks with the clock. Most people's body clocks run slightly faster than a normal 24-hour clock so our subconscious wakes us up those few minutes before the alarm goes off. You can easily do without an alarm clock by repeating to yourself a few times over that you will wake at a certain time or after so many hours sleep. The important thing is when you do this, as it works best when you are passing through a state of hypnosis on your way to sleep. So the time to do it is when you are settled in bed, turned the lights off and are starting to drift off to sleep. We will come back to this method later and use it in other ways.

Hypnosis used for sport performance does more than merely work on improving an athlete's mental approach to the game; it works to perfect it. By working through the athlete's relaxed state, the thinking process surrounding success is altered with the knowledge of his or her personal abilities.

Hypnosis will not only improve self esteem, it will teach you how to stay focused on preparing for the game, freeing your brain from distractions, and improving confidence in your ability to concentrate, even in the wake of negativity. Clearing negativity from the mind at crucial moments during sporting events is one of the first steps to the mind ultimately commands the body. When your brain sends a signal for a body part to complete a specific action, your body will obey; as long as the signals are clear and direct. Hypnosis gives you a simple, effective way to create direct, clearer connections from mind to body with very little effort. Your mind and body will be given commands through the process of hypnosis that will remain after you are released from your hypnotic state. When one of these commands is triggered, your body will react as it was instructed during the process.

### **THE BENEFITS OF HYPNOSIS**

- Competition Nerves
- Mental Blocks
- Overcoming Slumps in Performance
- Building Confidence
- Improving Focus & Concentration
- Hypnosis can help competitive athletes in dealing with pain and injuries.
- Hypnosis also helps you eliminating outside distractions and self-sabotaging thoughts so you are calm and capable of channeling all your energies into your physical activity.
- Hypnosis also builds your personal self-confidence

### **SOME IMPORTANT METHODS OF HYPNOSIS**

#### **Autosuggestion**

Autosuggestion, basically self-suggestion done in a trance state, could also be defined as self-hypnosis but since all hypnosis is self-hypnosis the distinction becomes helpful.

In this context it can be said that meditation is autosuggestion with the intention of reaching deeper mental and physical relaxation.

#### **Conversational hypnosis**

Conversational hypnosis can also be described as covert hypnosis, depending on the awareness of the subject targeted for the suggestion. Recently conversational hypnosis has also been referred as awake hypnosis, the problem with this last classification is that it implies that trance hypnosis equals sleep state, this is not true, and so the distinction should not be used, since even if the person does not show the normal muscular relaxation, hypnosis will only exist in a state of trance.

Some of the already mentioned techniques can be performed without the subject being aware. One should always request authorization from the subject to proceed with the hypnosis, before inducing a trance failing to do so is performing covert hypnosis.

Conversational hypnosis is the use of techniques of hypnosis, voice tonality, touch and word patterns to create the trance and reinforce suggestions or anchor beliefs or emotions on a person without his knowledge, and permission, and without reaching deep trance states (depending on the subject, time and situation). In this form it is commonly used by politicians, organized religion, sect and in marketing this is one more tool available for controversial mind persuasion.

### **Neuro-linguistic programming (NLP)**

A controversial approach to psychotherapy and organizational change based on "a model of interpersonal communication chiefly concerned with the relationship between successful patterns of behavior and the subjective experiences (esp. patterns of thought) underlying them" and "a system of alternative therapy based on this which seeks to educate people in self-awareness and effective communication, and to change their patterns of mental and emotional behavior".

The term "Neuro-Linguistic Programming" refers to a stated connection between the neurological processes ("neuro"), language ("linguistic") and behavioral patterns that have been learned through experience ("programming") and can be organized to achieve specific goals in life.

These methods of hypnosis can be used for improving self-confidence, overcome mental block, elimination of technical error of sports techniques, reducing anxiety level, improve competitive ability, enhancement of sports performance, relieves from pain, recovery and recovery from injuries.

### **Conclusions**

Hypnosis allows the mind to feel revitalized and full of new, incredible energy. An energized mind will fight off negativity; an important factor in athletic success. When the mind is clear of negative thoughts stemming from low confidence levels, and fear of failure, all which is left to do is succeed. If you feel you need to improve your game, or want to learn how to be more positive about your talents, sports performance hypnosis is the next best step for you in improving an important aspect of your life!

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