Chapter II

REVIEW OF LITERATURE

Sincere efforts have been made by the Research scholar to locate literature related to the study. The relevant studies found from various available sources which the research scholar has come across are cited below.

Johnson and Kramer\(^1\) have studied the effects of stereotyped non-hypnotic, hypnotic and post-hypnotic suggestions upon strength, power and endurance on ten young male athletes before they took a battery of three tests. The tests were Hand dynamometer (strength), jump and reach test (power), and supine press of a 47 pound barbell to exhaustion (endurance). The subjects have practiced the same for four days.

On testing the subjects, the investigators have reported significant improvements in endurance in two of the hypnotic conditions which were compared with the no hypnotic condition. None of the hypnotic conditions was found to be consistent or superior to the others.

Massey, Johnson and Kramer\(^2\) have reported no significance in a study with 15 male subjects, on investigating the effects of a warm up exercise upon muscular performance using hypnosis to control the psychological variable.


The subjects were tested on bicycle ergometer four times – two times following the conditions. The conditions being warm up by means of overall bodily activity for a period of ten minutes and no warm up. Performances after two conditions were about the same with the rate of pedaling slightly slower following warm up. They have also reported no evidence of muscle strain or injury resulting from performance of warm up.

Yet in another study Johnson and Kramer\(^1\) have investigated on the effects of different types of hypnotic suggestions upon physical performance and reported that post – hypnotic failure was significantly different at 1 % level of confidence from the other types of suggestions. The other types of suggestions being

(a) Stereotyped suggestions in a trance performance in hypnosis.

(b) Pep – talk suggestions (urgent but not hysterical) in trance performance in hypnosis.

(c) Suggestions in trance to be activated post – hypnotically by signal during exercise.

They have stated at the end of their report that only the failure type suggestions seem to get results consistently.

Judson\(^4\), reported a study where in he has investigated the effects of hypnosis, task motivating suggestions and the combined effects of these upon the muscular endurance of high, medium, low and non-susceptible subjects. According to his report,


the hypnosis perse did not enhance muscular endurance; task – motivating suggestions and hypnosis with task – motivating suggestions were effective in facilitating muscular performance. The effectiveness of the above mentioned treatments in enhancing muscular endurance scores was not dependent upon the hypnotic classification. None of the treatments were superior to the other in enhancement of muscular endurance.

Bozick\(^5\) investigated the effects of post – hypnotic suggestion o performance of the motor shill by males under stress conditions. One hundred subjects were tested for hypnotisability and then were places in high or low susceptibility groups which were further randomly assigned to experimental and control groups. All were practiced in stabilometer balancing for a total of 90 sec, and then tested on balancing performance for 3 – 3- sec, trials. Control subjects read an unrelated text for ten minutes and were rested for 3 30 sec, trails while being sHocked on the right index finger. Experimental subjects were hypnotized and instructed to experience arm, hand and finger analgesia post hypnotically. This group was then retested under sHock conditions. A comparision of mean performance, post test scores using the ANCOVA technique indicated no significant difference at the .05 level.


Wojcikiewicz and Orlick\(^6\) investigated on the effects of post hypnotic
suggestion and relaxation on competitive fencing anxiety and performance. The 33 subjects chosen for the study were divided into three groups, namely, Hypnotic group (11) Relaxation group (11) and control group (11).

The investigators reported significant differences between the Hypnotic group and the control group for perceived level of anxiety (p = 0.1) and estimated level of task difficulty (p = 0.5).

Minnes\textsuperscript{7} investigated with 30 subjects on relationship between aging and hypnotisability in an elderly population (48 to 89 yrs) and reported that the findings supported the conventional wisdom that hypnotisability declines with advancing age.

Arnold\textsuperscript{8} reported no significant difference in learning two motor skills as a result of post hypnotic suggestion of a positive nature between two groups (60 subjects under conditions of positive involving hypnotic suggestions and with out positive hypnotic suggestions.

However, statistically significant result at 0.1 level has been repotted by him while comparing the intra group learning of the two skills that occurred as result of pre and post hypnotic suggestion.

Wojcikiewicz and orlic\textsuperscript{6} in their report on the effects of post hypnotic suggestion and relaxation with suggestion on competitive fencing anxiety and performance observed significant differences in estimated level of task difficulty for both the hypnotic group (11) and the Relaxation group (11) compared to control group (11) at 0.5 level. They have however found no significant differences between the groups on fencing competition performance.

