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**Author**

DEVOS, H. M.

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Hypnosis-induced mental training programmes as a strategy to improve the self-concept of students /

H. M. de Vos ; D. A. Louw

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**Abstract**

The creation and implementation of strategies that could improve student development is receiving new research interest. The main objective of the research was to establish whether hypnosis-induced mental training programmes as a strategy could alter the self-concept of students which in turn could improve their overall academic functioning. Two experimental and two control groups were randomly selected from a population of undergraduate psychology students at the University of Stellenbosch in South Africa. The analysis of variance showed that the two hypnosis-induced mental training programmes had a significant positive effect on the self-concept of the participants. (HRK / Abstract übernommen) Louw, D. A., E-Mail: louwda.hum@ufs.ac.za