

THE METHOD OF HYPNO-CIRCUMCISION IN KLINIK KHITAN PLUS HYPNOSIS IN PABUWARAN PURWOKERTO UTARA SUBDISTRICT

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Abstract: This research explains the method of hypno-circumcision in the clinic. Generally, the service of circumcision still uses a conventional method and less of attention toward the psychological side. Whereas, this factor is very important on how affecting the patients view's toward circumcision. The main goal of this research is to know the implementation of hypnosis in medical field, especially circumcision process in Klinik Khitan Plus Hypnosis Pabuwaran. The method used in this research is descriptive-analysis. This method is used to provide an overview of the method of hypno-circumcision in Klinik Khitan Plus Hypnosis. This research found that method of hypno-circumcision in Klinik Khitan Plus Hypnosis is similar with hypnosis in general. The method of hypno-circumcision into four stages: preparation stage, induction stage, suggestion stage and termination stage. Preparation of hypno-circumcision in Klinik Khitan Plus Hypnosis begins from consultation to Ms. Novi as receptionist. Then, Induction is a main way to bring someone from conscious to subconscious mind. Giving suggestion is the core stage in the process of hypno-circumcision. Last stage is termination which defines as a gradual step to bring the subject to consciousness.

Keywords: Method; Hypno-Circumcision; and Klinik Khitan Plus Hypnosis.

INTRODUCTION

In Indonesian society, there is a tradition that is specifically designed for children who are becoming *akhil baligh* (mature), namely circumcision. Often we see in our society, almost all the people held a feast celebrating a circumcision. Sometimes, there is a certain person or party deliberately holding massive circumcision.

Circumcision has been done since prehistoric era, known from tradition, such as drawing or symbol in cave wellborn from the Stone Age and

resting places of ancient Egypt. The reason for this action is still unclear enough until recent day but some theories predict that this action is a part of a ritual sacrifice or offering to Gods, a sign of submission to the Almighty, a step into manhood, a sign of defeat or slavery, or an attempt to change the aesthetics or sexuality.¹

Circumcision is the action of cutting some or all skins which cover the front of the penis. Frenulum² (of penis) can be cut simultaneously through procedure of frenectomies.³ The word of circumcision comes from Latin *circum* (meaning “whirl”) and *caedere* (meaning “to cut”).⁴

Circumcision is obliged for males based upon religious teaching of Islam and Jews. This practice is also found among the majority of the society in South Korea, America, and Philippines.⁵ The man who first did circumcision is Prophet Ibrahim, while, on women side is Siti Hajar. God created Adam in circumcised condition. According to a valid chronicle, Abraham was circumcised at the age of 80 years. Another report, which is also valid explains that his circumcision was at the age of 120.⁶

Generally, recent people circumcise their children when they are 8-12 years old. Sometimes, there are children who ask on their own to do so. They feel ashamed because their peers had been circumcised. On the other hand, there are so many children feeling afraid until crying uncontrollably although they are just told by their parents to be circumcised. In this case, anxiety need a special treatment. Somehow, if anxiety gets worst, it will impede the process of circumcision itself.

According to Freud, anxiety involves the perception of unpleasant feeling and physiological reaction. In other words, anxiety is a reaction toward dangerous situations. Kartono also reveals that *neurosa* of anxiety is psychological condition in chronic fear, even no specific stimuli.⁷

In order to cure the children's anxiety before being circumcised, therapy is necessary. One of the technique is hypnosis.⁸ This technique is not a strange one to the recent people. Both children and adults are often see hypnosis techniques in television performed by hypnotists, such as Romi Rafael, Deni Darko, etc.

Basically the phenomenon of hypnosis (hypnotherapy) has been known since primitive cultures era. In the 18th century, around 1734-1815. Masmer used hypnosis as a way or method of healing on medical therapy. Jean

Martin Charcot,⁹ used this method to eliminate the symptoms of patients of hysteria.¹⁰

Hypnotherapy has a concept that all psychological problems begin from problem in the subconscious mind. A person who is experiencing psychological problem can't control himself because the subconscious mind working automatically and its influence on our behavior are nine times greater than the influence of reason and will. Hypnosis can be applied to physical and psychological problems, especially problems related to thoughts, feelings, and behaviors. Through hypnotherapy, the suggestion given in a state of hypnotic trance, will enter the subconscious and change "mind programs" that exist in the subconscious.¹¹

Simply, hypnosis can be defined as a state of relaxation, focus, and concentration. However, lately, hypnosis is reputed as a condition similar to sleep or state of unconscious.¹² Hypnosis often becomes a popular event that can interest the zest of society when it is packed creatively.

Many people learn and develop hypnotherapy. Some hypnotherapy clinics appear in Indonesia and one of those clinics is owned by Adi W. Gunawan. He developed and taught hypnotherapy through Quantum Hypnosis Indonesia (QHI). Materials and curriculum QHI had officially received an academic recognition and had been taught in the postgraduate of Psychology in one of the private universities in Surabaya.¹³ Then, there is The Winner Institute (TWI), founded by Subur Putra in Jalan Raya Baturaden 7th kilometers, 5/VI, Baturaden subdistrict. TWI is a institution that offers motivation training and therapies using semi-hypnotherapy.

The increasing trend of the emergence of Hypnotherapy clinics suggests that this field is important to be studied. The researcher has an interest in a circumcision clinic at Baturaden street 5th kilometers, Pabuwaran, Purwokerto Utara. In this clinic, hypnosis is combined with circumcision. There are several reasons why this place is proper to be researched. First, this clinic has gotten a patent rights of circumcision plus hypnosis. Because of this idea and hard work, thousand of children have enjoyed circumcision with comfort and fun. Other benefits are personality improvement and self-development through suggestion in hypnotherapy.¹⁴ It indicates that the implementation of hypnosis in medical field has been legalized. In addition, in the wall of clinic, there are three certificates from admitted hypnosis

institutions, like Indonesian Hypnotherapy Association (IHA) and others displayed.

Second, since the founding of this clinic at three years ago, so many patients come to circumcise their children. Until the end of the day, there are at least four patients per day. In holiday, there are at least ten patients per day. Researcher has made calculation in financial side. One patient must pay Rp. 650.000 for getting the service. From Mei 25th until June 25th 2013, there are more than 150 patients, so, the income in that time reach around Rp. 97.500.000. It indicates that hypnosis gets attention from our society if it is well packed. This statement can be associated with our study program to always endure, enhance and promote it toward society through hypnosis for instance. Thirdly, based on the early observation, known that the method of hypno-circumcision which is used in the clinic is very simple. It just takes five minutes to make the client ready to be circumcised.¹⁵ Moreover the clinic uses alisklamp because other clinics use conventional method. Researcher sees the differences between the use hypnosis in this clinic with TWI for instance.

THEORY OF HYPNOSIS

Hypnosis is very common in our daily life. Sometimes, it naturally happens. For example, when we are watching television, our attention will be absorbed fully on the TV. Then, we are not aware of our surrounding. In fact, natural hypnosis does not require special preparation to alter brain wave of subject so that they can receive various stimulus or suggestions. This condition (being hypnotized) can be called as hypnotic state.

The word of hypnosis has been used before 1900 by James Braid.¹⁶ Hypnosis comes from the word "Hypnos" which is the name of the Greek God of Sleep. However, it should be understood that state of hypnosis is not the same as sleeping. Hypnosis is communication activities to take advantage of human subconscious mind with suggestions. For Saiful Anam, hypnosis is a penetration toward critical area of conscious mind and acceptance of certain thinking. While, Andri Hakim said that hypnosis is a state or condition when human tends to be more suggestive.¹⁷

American Society of Clinical Hypnosis (ASCH) states that hypnosis is state of inner absorption, concentration, and focused attention. It is like using a magnifying glass to focus the rays of the sun and make them more

powerful. Similarly, when our minds are concentrated and focused, we are able to use our minds more powerful. Because hypnosis allows people to use more of their potential, learning self-hypnosis is the ultimate act of self control.¹⁸

Regarding on U.S. Department of Education, Human Services Division, hypnosis is the by-pass of critical factor of the conscious mind followed by the establishment of acceptable selective thinking.¹⁹

From all defintions above, researcher tends to conclude that hypnosis is the by-pass of critical area through induction to be more suggestive. In this process, brain wave is gradually altered from beta to alpha or theta, that can be seen or measured by electroencepalograph (EEG). Furthermore, the use of hypnosis will be adjusted with its goal. It means that suggestion is accorded with the goal of hypnosis. For example, for patients of circum-cision suggestion script contains positive mindset or paradigm in order that they feel comfort in that process.

Now, hypnosis has been fully received as tool of therapy. Hypnosis has been admitted as a method of therapy and legalized by some institutions, i.e. British Medical Association pada tahun 1955, American Medical Association pada tahun 1958, dan American Psychological Association pada tahun 1960. While in Indonesia, hypnosis is still developed by some experts.

In hypnosis, there is an alteration of brain wave. Through several researches found that there are four brain waves which can be measure by EEG, namely, beta, alpha, theta, delta.²⁰

Conscious Area	Sub-Conscious Area		Unconscious Area
Beta (30-14 Hertz)	Alpha (13,9-8 Hertz)	Theta (7,9-4 Hertz)	Delta (3,9-0,1 Hertz)
Normal State	Hypnosis State		State Condition
12 %	88 %		

This is the explanation of those brain waves:

1. Beta

Beta is a brain wave which has the highest frequency, namely between 14 cycles per second (Hertz) until 30 Hertz. It is produced by brain when the people are fully awake or when they are in conscious mind. For example, when they are studying and analyzing something.

2. Alpha

The frequency of alpha is around 8 until 13,9 Hertz. It produces in more calm and relaxed condition. Alpha appears when people start to be passive. Conversely, sub-conscious mind begins active. The focus is directed to one case (internal).

3. Theta

Its frequency is around 4 until 7,9 Hertz. It happens when consciousness directs to internal self, i.e. people feel so sleepy. If this condition (theta) has been achieved, it means that sub-conscious mind has been active for replacing conscious mind.

4. Delta

The frequency of delta is the slowest one, around 0,1 until 3,9 Hertz. It happens when people enter very deep sleep (somniaambulism).

The state of hypnosis can be achieved through several processes. They are pre induction, induction, deepening, suggestion, and termination. For more detail, those steps will be explained below:

1. Pre-Induction

All of hypnosis techniques begin from pre-induction. In this stage, a hypnotist expert will assess client and know each other in order to create intimate relationship mentally.²¹ In order to make pre-induction going well, hypnotist must be able to recognize the psychological aspects of subject, such as interest, undesirable things, subject's insight about hypnosis, and so on. Pre-induction can be organized as light conversation and other things that make hypnotist closer to subject mentally. Pre-induction is a critical stage. The failure of hypnosis is often caused by improper pre-induction.

Usually, hypnotists undergo suggestiveness test in this stage. There are four benefits of this test. Firstly, identify the suggestiveness level of subject. Secondly, comprehend the communication level of subject. Thirdly, introduce hypnosis to subject. Fourth, increase the suggestiveness of subject.²²

2. Induction

Induction is a technique for carrying subject to hypnotic state.²³ Induction is a main way to bring someone from conscious to subconscious mind. Generally, technique of induction in relation to time of its use is classified into two, i.e. progressive relaxation, speed induction.²⁴

3. Deepening

This stage is used to deepen the trance state of the subject. The depth of trance is adjusted to need of client.²⁵ There are two types of deepening. First, it is a suggestion that makes conscious mind of subject inactive or relax. Secondly, deepening is a suggestion that brings subject to perform a certain activity, i.e., down the elevator, down the stairs, go to a place, etc. Here is the example of deepening used staircase method.

Spoken to the subject. In a moment I'm going to relax you more completely. In a moment I'm going to begin counting backwards from 10 to 1.

The moment I say the number 10 you will allow your eyelids to remain closed. The moment I say the number 10, you will, in your minds eye, see yourself at the top of a small set of stairs.

The moment I say the number 9, and each additional number, you will simply move down those stairs relaxing more completely. At the base of stairs is a large feather bed, with a comfortable feather pillow.

The moment I say the number one you will simply sink into that bed, resting your head on that feather pillow.

Number 10, eyes closed at the top of stairs. Ten..

Nine, relaxing and letting go. Nine...

Eight, sinking into more comfortable, calm, peaceful positions

Seven...

Six... going way down...

Five... moving down those stairs, relaxing more completely.

Four...

Three... breathe in deeply...

Two... on the next number, number one, simply sinking into that bed, becoming more calm, more peaceful, more relaxed..

One.. sinking into that feather bed, let every muscle go limp and loose as you sink into a more calm, peaceful state of relaxation.²⁶

4. Suggestion

Giving suggestion is the core stage in the process of hypnosis or hypnotherapy. Suggestion must be given accordance with the intent and purpose of the hypnotic process.²⁷ In hypnotherapy, suggestions are intended to produce a therapeutic effect. In medical field, suggestion will be adjusted to the need of patient, in circumcision for instance, suggestion can be aimed to pain control. For more clear explanation, the script will be written below:

Pain is warning of your body. You do not to be warned about your (specific pain) any more. You know the problem is there and you are correcting it.

If you want to know about a change, if you need to be warned, you will feel tingling in the area instead. You will then see that any new problem is taken care of.

You no longer feel any pain connected with (specific pain problem) but this in no way alters your warning pain signals for any other reasons.

I want you now to concentrate a healing light in the area where you desire the pain to go away and stay away. Set up rapid and instantaneous healing with the healing light. Feel all tension leaving the area. All pain is completely gone from the area. Feeling soothed, relaxed and painless. Do not call back the pain. You do not want it. It no longer belongs to you.²⁸

In making suggestion script, there are some rules that must be obeyed. They are result oriented, definite, easy to understand, profitable, clear meaning, specific, and no breaking phrasing.²⁹

5. Termination

Termination in the hypnotic process is a gradual step to bring the subject to consciousness. This process must be undergone completely, so subject will not experience disorientation. There are some terms that have similar meaning, namely awakening and emerging. Saiful Anam prefer to use emerging than others.³⁰

Sometimes, subjects are asked to open their eyes before the termination. Furthermore, they are asked to do action in accordance with the suggestions given. In this case, subjects are in a state of ability to open eyes without affecting the trance or open the eyes in a state of trance. Simply, Dave Elman gives emerging technique which so easy and effective:

At the count of three, open your eyes, fully aware, and you feel so comfortable.

One...

Two...

Three, open your eyes...

Feel how comfortable your feeling is.

How is your feeling?

CIRCUMCISION

1. Definition of Circumcision

The word circumcision comes from Latin *circum* (meaning “whirl”) and *caedere* (meaning “to cut”). Circumcision is the action of cutting or eliminating some or all skins covering the front of the penis.³¹

In Arabic terms, circumcision comes from *khatana-yakhtinu-khatnan-khitaanan*. It means cutting. In a terminology, circumcisions are differentiated between men and women. According to Imam al-Mawardi, scholar of Syafi'i persuasion, circumcision means cutting skin that covers tip of penis to be uncovered. Circumcision is also called as *i'zar*. Imam an-Nawawi, scholar of Syafi'i persuasion, asserts that the form of circumcision which is obliged for men is an action of cutting the foreskin covered head of penis, so it can be opened at all.³²

According to Imam an-Nawawi, the age for circumcision is not specifically and explicitly determined by Syara'.³³ It is recommended to circumcise as soon as possible, even on the seventh day after birth, if the baby is not considered getting dangerous because of it, as done in the Middle East. In the tradition of the Indonesian Islamic society, especially for boys, Muslims usually circumcise their boys at the age of elementary school, around the age of 6-12 years.³⁴

By circumcision, the children are introduced to the health, purity, and cleanliness of the body, especially the genitals to be continually maintained from dirt and unclean behavior.

2. Psychological Impact of Circumcision

Discussion about the advisability of circumcision in western countries that practise circumcision typically has focused on health factors. However, recent information about circumcision often disagrees with previous long-held beliefs about the health benefits of circumcision.³⁵

There is a contradiction about when circumcision must be done. On the one hand, a baby can be circumcised as soon as possible, if it does not make danger. But, to Ronald Goldman, babies cannot physically resist and stop the circumcision procedure by themselves. Anatomical, neurochemical, physiological and behavioural studies confirm that newborn responses to pain are similar to but greater than those in adult subjects. Infants are circumcised with no anaesthesia (reflecting common practice) experience

not only severe pain, but also an increased risk of choking and difficulty in breathing.³⁶

Trauma results in dissociation, a separation of the traumatic experience and associated emotional pain from awareness. Based on neurological research, painful experience and trauma in childhood can yield in long-term physiological changes in the central nervous system and neurochemical changes.³⁷

Body is a historical repository that remembers everything. The pain of circumcision causes a rewiring of the baby's brain so that he is more sensitive to pain later. Circumcision also can cause post-traumatic stress disorder (PTSD), depression, anger, low self-esteem and problems with intimacy.³⁸

Shaykh Mahmud Syaltut, scholars from Egypt, views that circumcision include *ijtihad*, because there is no *nash* in holy al-Qur'an or *hadits*³⁹ which describes the circumcision. Therefore, Syaltut proposed rule that making sick people who are still alive is not allowed in religion, except there are benefits for them exceeding the pain. In this case, the justification is more benefits than harm.⁴⁰

So, researcher thinks that to overcome the psychological impact of circumcision, the doers must know the reason why it is done and know about the advantage of doing it. American Pediatrician Association says there are several advantages of circumcision, i.e. circumcision reduces the risk of developing a urinary tract infection (such as bladder infection), reduces the risk of getting some types of sexually transmitted infections (such as HIV), reduces the risk of developing cancer of the penis.⁴¹

Given that benefits, people will understand and realize how important circumcision is. They will choose the best doctor or clinic to get best service in circumcision. Even if pain still exists, they will think that it is a consequence which is unnecessarily being exaggerated, because it is normal for common people.

IMPLEMENTATION OF HYPNO-CIRCUMCISION METHOD IN KLINIK KHITAN PLUS HYPNOSIS

1. Founding of Klinik Khitan Plus Hypnosis

The idea to build Klinik Khitan Plus Hypnosis comes from his (Unggul Senoadji as the founder) interest to Hypnosis. Since 8 years old, his mother

has died so he lived with his father who was a paramedic. In high spirits, he succeeded in taking education until scholar in faculty of Law and became a civil servant in Jakarta. Since childhood, he often saw his father served the society with heart. At that time, his father advised him to build clinic in Pabuwaran. Unggul always thinks about his father's message.⁴²

Finally, Unggul made a cooperation with his brother who works as a paramedic to build a circumcision clinic. In 2009, he decided to learn hypnosis in Indonesian Hypnosis Association (IHA) in Semarang. Then, Unggul learnt to collaborate with circumcision. His brother circumcised and Unggul hypnotized patients. Unggul decided to be independent and establish Pabuwaran Clinical Hypnosis Plus Khitan who have received patents right on August 17, 2011.⁴³

He told that he was inspired by Romi Rafael when he watched hypnosis in television. Early, he thought that hypnosis uses magic power, so he looked for information about it in variety sources. Then, he observed each Romi's videos and other hypnosis experts. He noticed their words and movements because he really felt curious to hypnosis.

Mr. Unggul views khitan and hypnosis as a combination of medical science and practical psychology. From his experiences, the application of hypnosis in medical field is aimed to eliminate pain and accelerate the healing process in children circumcision. He also learns how the mind works. For him, hypnosis has many advantages:

- a. Eliminate fear when face exams, nervous and anxious.
- b. Increase motivation to learn something new.
- c. Increase professionalism of teachers so when they are teaching, their students can easily absorb the knowledge given.
- d. Painless childbirth and circumcision.
- e. Improve the minds of the children according to their expectations and dreams.
- f. Improve the quality of life.
- g. Construct confidence in sale by hipno-selling.
- h. And everything related to feelings and thoughts that occur in our lives.⁴⁴

Because of his passion for hypnosis, Unggul Senoadji built Klinik khitan Plus Hypnosis and got patent right at June 10th 2011. His clinic

located on Jl. Raya Baturaden 5th Kilometers (in front of SDN 1 Pabuwaran), Purwokerto Utara Subdistrict, phone (0281) 625541.

2. The Applied Method of Hypno-Circumcision in Klinik Khitan Plus Hypnosis

To know about the concept of hypno-circumcision in Klinik Khitan Plus Hypnosis, researcher observed and interviewed the hypnotists, namely Unggul Senoadji and Bangkit. Those people are appropriate to be informants. Researcher values both of them have so many experiences in applying hypnosis in medical field, especially for circumcision. It can be seen from several certificates related to hypnosis competence displayed on the wall in the clinic.

Based on interview, there are some points that become principles in the clinic. Unggul said that hypnosis in this clinic is different from others. He said that the overall concept cannot be explained detail, because it is like a “kitchen ingredient” of clinic, like, the prescription of medication.⁴⁵ When Unggul said that the concept is secret, researcher presumes that he will not allowed outsiders to know about it and not permit researcher to enter the surgical room. Nevertheless, he allowed researcher to do observation and to collect data freely. He explained that the concept of hypno-circumcision in the Klinik Khitan Plus Hypnosis is simple. There are several steps as following:

- a. Building purposes and ask the patient to follow your commands.
- b. Induction, guiding the patient into a hypnotic state.
- c. Bring up the imagination (to distract).
- d. Give suggestions to bring mental anesthesia.
- e. Circumcision procedure.
- f. Give suggestions for a faster recovery and ending hypnosis.⁴⁶

He said that he also often hold motiva-education in many schools, from elementary schools up to senior high schools. He showed his skill in hypnosis to gain response and respect from audiences. In this case, he believes that if he can give the best service to clients, automatically clients will share to other people about this “product” from mouth to mouth. This pattern has grown well in our society. That will be very effective way to promote about Klinik Khitan Plus Hypnosis, because that is our culture, he added.⁴⁷

Like what Unggul told to researcher, the concept of motiva-education which is offered by Unggul Senoadji is similar to the concept of training motivation Subur Putra from The Winner Institute Baturaden. That program is aimed to improve motivation of students in school in which the training is held. If there are students who have certain problems such as smoking, often absent in class and clash among students, they will get more attention from Unggul.

Besides Unggul, Bangkit as the hypnotist in the clinic told to researcher some important points about the concept of hypnosis in the clinic. He told their way on how they apply hypnosis in medical field. First, He views that paradigm developed in society as hypnosis.⁴⁸ Hypnosis is a natural state of mind which everyone can experience it. It is called as natural hypnosis and it is suitable with the theory of hypnosis related to how hypnosis level or state happened.

Natural hypnosis often happens in our daily life. The simple example of natural hypnosis is when we are watching television or listening music or shopping at supermarket. Focusing on something will ignore the others unconsciously. According to theory, sub-conscious mind takes and dominates ourselves.

People's mindset has a big role in improving the belief, i.e. if they want to get comfort circumcision, they must go Klinik Khitan Plus Hypnosis in Pabuwaran. When researcher did observation in the clinic, researcher met a patient and chatted to him. He told to researcher that some of his families have gotten service in Klinik Khitan Plus Hypnosis Pabuwaran. He said that the children who were circumcised in the clinic felt glad and satisfied. He thought that circumcision in the clinic is the best for this time. For him, there are two advantages of the clinic, Alisklamp and hypnosis.⁴⁹ Therefore, people are unconsciously hypnotized by socialization and the advertisement. In socialization, they spread the information through billboard, brochures and stickers.

In the billboard, we read the statement which influences people. Patient will get comfortable, enjoyable and fast recovery circumcision. This case is supported by the yellow one that indicates no laser, no sewing, minimum or even no bleeding, etc. For Unggul Senoadji, Alisklamp is the best method in this time.⁵⁰ So that's why, Klinik Khitan Plus Hypnosis Pabuwaran uses Alisklamp.

Basically, there is a polemic of using laser which actually that is electro-cautery. It is known that electro-cautery is most like elements which are heated. Then, there is signal of banning in using this technique for circumcision. Reported from Ibnu Abbas from Muhammad saw:

“There are three medication, namely bruise, drinking honey and kay (stick hot iron on the wound area), whereas I forbids my followers to get kay. (HR Bukhori)”⁵¹

Second, creating a pleasant place and comfortable place cannot be ignored. For them, this is the key of success because the clients' satisfaction is a priority. Therefore, clinic will get good will from society and clinic will be inundated by ongoing clients. For example, to attract clients, there is photo session that will be discussed later.

Third, set the surgical room enjoyable to make the patients do not see the operation tools. If patients see the operation tools, such as scalpel, hypodermic needle, they will be afraid even having not gotten treatment. Bangkit said that it will bother process of circumcision. To increase the pleasure of patients, there is an air conditioner and classic music. Music can loosen the contraction of muscle. Directly, this clinic is going to alter the negative perception of society toward circumcision.

To make easier in explanation, researcher will discuss the six steps above in four parts, namely preparation, induction, suggestion, and termination.

3. Implementation of The Method of Hypno-circumcision in Klinik Khitan Plus Hypnosis

Method is a certain activity related to a way of working. In this research, researcher defines method as a way on how to use hypnosis for circumcision. Further, researcher would like to apprehend the method of hypno-circumcision which is implemented in Klinik Khitan Plus Hypnosis. Basically, there are four stages:

a. Preparation of Hypno-Circumcision

Actually, preparation of hypno-circumcision in Klinik Khitan Plus Hypnosis begins from consultation to Ms. Novi as receptionist. Usually, the patient's family comes to the clinic several days before in order to make a contract on determining the day of getting circumcision. In this clinic there are two services, namely conventional and Alisklamp method. The price of Alisklamp is Rp 650.000 and conventional is Rp. 450.000.

If contract has been made and there is no obstacle, patient must come to the clinic. Then, the patient and his family will be asked to photo session. Bepy, as the official, will address equipments. After the end of photo session, Wawan or Adi as medical officer will ask patient to surgical room to asses or measure the diameter of penis by size-o-meter. Sometimes, various situations may happen. There is a patient on 26th July 2013, who cannot be circumcised because his penis erected.⁵²

Meanwhile, Bangkit makes pre-talk to patient. Bangkit said there are two goals of pre-talk. First, to know the character of patient and make a kind of contract so that patient will follow the hypnosis session without hesitation. Secondly, pre-talk is aimed to create trust from patient.⁵³

In order to make pre-induction going well, hypnotist must be able to recognize the psychological aspects of subject, such as interest, undesirable things, subject's insight about hypnosis, so hypnotists usually conduct suggestiveness test in this stage, such as rigid and finger catalepsy.

Rigid and finger catalepsy is the most safe technique in pre-induction. Usually, it is used to show hypnosis phenomenon naturally. The success of this technique depends on the subject itself. The targets of *rigid catalepsy* are finger, hand, leg, and neck. Hypnotist can give direction toward clients in order they can feel rigidity in their body. This technique can be used to train client to imagine as if feel rigidity of certain parts of their body.⁵⁴

During observation, Bangkit never practiced that test because it is not necessary and it wastes the time. He said that to know the characteristic of patient can be gotten from conversation. For pre-induction, Bangkit spent around one minute. From several patients, researcher noticed that patient is offered to get pleasant circumcision. Bangkit said to his patient, "Would you like to get a comfortable circumcision?" Patient said, "Yes." Bangkit continued, "Do you want me to help you?" Patient answered, "Yes, I do." Bangkit told to patient that if you want to get that, you just have to follow what I am talking to you, ok? "Ok," patient answered. (then, Bangkit continue to next stage, like invite patient to pray).⁵⁵

What has been done by Bangkit is same with what has been done by James Braid when the first time he founded hypnosis. At that time, Braid gave the patient some commands, telling him to close his eyes and go to sleep and patient comply it. By eye fixation research, Braid found other

things that are not found by Mesmer. Braid rejected existence of magnetism in human body. He explained that hypnotic state is not caused by magnet field but “neuro-hypnotism” which happens at focusing on certain object.⁵⁶

Actually, benefits of hypnosis for pain relief (anesthesia) has been known for hundreds of years, even before the use of chemical anesthesia in the medical world. Around 1837 the mental anesthesia was first introduced by a British doctor named John Elliotson. John Elliotson step is followed by James Esdaile. In the undiscovered chemical anesthesia, James Esdaile has successfully performed thousands of minor surgery without pain and hundreds of major surgery without pain.⁵⁷

Then, researcher analyzes the pre-induction which is done by Bangkit. It is not backlash with the idea of pre-induction in chapter II. Pre-induction can be organized as light conversation and other things that make hypnotist closer to subject mentally. Based on interview, there are two situations that need specific treatment, first, when he faced the children who had critical thinking through their questions and protests, secondly, when he faced the children who had trauma toward something in the past or toward the medical tools such as hypodermic needle and scissors or toward blood. Sometimes, patients also felt afraid to the circumcision because their mind has been filled by negative assumptions such as the story about the pain from their friends.⁵⁸

According to Bangkit, to solve that kind of circumstances, there will be some solutions. First, to handle the children who have critical question, he only has to answer those questions in good manner. Basically, those questions come from their curiosity. It means, Bangkit must decrease it in order that circumcision run well. Then, Bangkit will cure the trauma as soon as possible in two ways. First, motivate and convince the patient that something which makes them afraid is irrational. Secondly, cure them by altering their negative mindset to right one.⁵⁹ In this case, the way to alter the mind state can be called as counseling.

b. Induction Stage of Hypno-Circumcision

Bangkit will ask patient to lie down on the surgical bed. Then, patient open his pants. While medical officers prepare the tools for circumcision, Bangkit stand up beside the patient to do induction. It needs approximately two minutes. Patient will be asked to take a deep breath and exhale slowly through the mouth. Then, he will ask patient to close his eyes and listen

carefully to what he is saying. Bangkit said it to patient with clear pronunciation and appropriate intonation.⁶⁰

Bangkit did not use progressive relaxation which demand relaxation all of the part of body.⁶¹ That technique cannot be applied in circumcision because of the restrictiveness of time. Moreover, we never know accurately whether client enters trance state or not, because physical relaxation is not the way to hypnosis trance. Further, this way cannot be applied to critical mind, busy and hard work people.

In the beginning, Bangkit never forgot for guiding the patient to pray *ta'awudz*, *basmalah*, and *syahadatain*.⁶² It involved a kind a guidance toward patients. Afterward, Bangkit demands patients to relax their body and invites patients to use their imagination as if they are in the place where they can feel comfort, such as beach, mountain, etc. To support it, Bangkit will turn on the classic music, such as koi relaxation music. Here is the script that gotten from observation:

Now I ask you to stay focused on my voice, ignoring other sounds, and now, while you remain comfortable, I ask you to use the power of your mind. Imagine it clear that you're at an absolutely lovely place. Give a clear picture, give a clear color, and enjoy the scenery. Let's continue to spread good feeling and you feel every breath, you continue to make you feeling more comfortable. Just enjoy the wind, and for no apparent reason, you enjoy the comfort, you continued to be more relaxed and deeper.

After that, Bangkit steps to do deepening, he usually uses count down as following:

I will continue to help comfort multiplied it, and while you remain comfortable, I would invite you to count backwards from five to zero. Later in the count to zero once you feel so comfortable. Imagine the number, five... four... three.. two.. one.. pull a deep breath, exhale slowly, enter your subconscious much deeper and comfortable.⁶³

Around at 04.00 p.m., Saturday, 6th July 2013, there is a patient and his name is Doni. At that time, Bangkit asked Doni to imagine his own favorite game.⁶⁴ After patient experienced rapid eye movement as the sign of hypnotic trance, Bangkit said, "Ok. Right now, I ask you to imagine your favorit game. What your favorite game? And where are you now?" Patient answered, "I am playing football. I am in the field."⁶⁵

It is appropriate with the concept the work of human mind. Imagination is always stronger than rationality. Conscious mind is the part of our

mind which is responsible for analyzing and thinking rationally. Inside it, there is something called will power. Substantively, will power does not have influence toward human life. In fact, no one can be changed by will power. On the contrary, sub-conscious mind is an area which is dominated by feeling, imagination and emotion. It means, using imagination is more effective than using rationality in altering brain wave from beta to alpha or theta.

Medical officers circumcise the patients in this stage. Adi or Wawan do first injection as chemical anesthesia when the patients have been seen calm and comfortable or when the patients experience rapid eye movement as the sign entering hypnotic state. Then, medical officer will cut the frenulum by scalpel and put Alisklamp in the penis. The size of Alisklamp is suitable with the penis size according with the measurement at preparation stage. The process takes approximately ten minutes for Alisklamp and fifteen minutes for conventional method.⁶⁶

c. Suggestion of Hypno-Circumcision

For Bangkit, all of the words that are given to patient are suggestion. He used positive statement to prevent the pain which is experienced by patient of circumcision. We are not allowed to say negative words or to say the words that imply pain itself, such as no pain, no problem, just little pain etc.

In hypnotic state, if patients heard negative words, they will reject them and only respond the word after that. For example, no pain, patients will neglect “no” and respond “pain”, it means they will imagine about pain which possibly direct them to feel pain along circumcision process.

What Bangkit said to patients is as following “I am very proud of you, you are a great kid. I will give you some information that will be benefit for your future. Today, you have been circumcised, starts from now, you become a pious kid, means you obey your parent and religious teaching. Starts from now, you become more active, easier to understand and memorize subject in learning.”⁶⁷ These suggestions show to us that hypnosis is not in contradiction with the value of Islam. It breaks the assumptions from society that underestimate, degrade and oppose hypnosis.

Based on the observation and interview, there are several suggestions which are usually delivered to patients:⁶⁸

- 1) Become pious children who obey the rules of religion and their parents. Sometimes, children have some problems related to their relation toward their parents so this suggestion will create a better condition.
- 2) Become more diligent to pray. Pray is an obligation of Moslem that must be built as soon as possible. From interview, some parents said that their children are lazy enough to do five times prayer. Those people said that it is a good suggestion.
- 3) Become enthusiastic in learning. It generates motivation to study more.
- 4) Become comfortable in healing the wound of circumcision.

If we look the theory of suggestion, there will be an additional value because Bangkit always ask patients to pray before getting circumcision. It automatically rejects assumptions or opinions which regard hypnosis as a negative thing.

d. Termination of Hypno-Circumcision

Termination is the last stage in hypno-circumcision in Klinik Khitan Plus Hypnosis. Bangkit used Dave Elman technique which is known as a simple and effective way to emerge patient.

I will count one to five, at the count of five, I ask you to open your eyes, get back on your self completely. And when you open your eyes, say thank God, for no apparent reason, later on when you say thank God, you feel so comfortable once, your body really feels very fresh and very relaxed than ever. One back on me completely, two, do you feel it's getting uncomfortable. Three, your body continues to become more and more fresh. Four, you get ready to open your eyes to the joy and happiness that is extraordinary. Five, thank God.⁶⁹

There are some modifications if we see how Bangkit doing termination. First, he used longer count. According to theory, Dave Elman used only one until three. Researcher appraises to Bangkit action in evolving it well. Longer count is needed to prepare the readiness of patients after experiencing hypnotic state. Second, saying thanks to God is a valuable thing in order to plant the religious teaching of Islam toward patients, moreover they are still children. Internalization of religion belief will be more effective in children than adults.

One thing that cannot be forgotten is when patients did not aware that they have been circumcised. All of them are always asked about their goal come to the clinic. Bangkit said to patient "What is your goal here?" "To

be circumcised”, patient answered. “Do you want to get it right now or later?” Bangkit asked again. Patient answered, “Right now” (At the moment, Bangkit showed to patient that he has been circumcised. Patient was seen surprised because he did not know when the process happened).⁷⁰ Then, Bangkit said to patient in order to obey all of the rules that make the healing faster. For example, do not play football for certain day, keep the cleanness of penis and its area, and drink the medicine as direction. If something bad happen, such as ulceration, patient can get more treatment freely. Clinic will responsible for anything along healing time.

The method of hypno-circumcision in Klinik Khitan Plus Hypnosis in Pabuwaran consists of four stages. Every stage must be done well because it will affect the process of circumcision. Based on observation, the patients who exit from surgical room were looked well. They smiled to their family and laughed with their peers. Therefore, hypnosis is very important to be implemented in circumcision because it can relieve the pain and make patients relax.

CONCLUSION

Researcher concludes that the implementation of hypno-circumcision in Klinik Khitan Plus Hypnosis in Pabuaran Purwokerto Utara Subdistrict proceed into stages. They are preparation, induction, suggestion and termination.

1. Preparation of Hypno-circumcision

Bangkit makes pre-talk to patient. Bangkit said there are two goals of pre-talk. First, to know the character of patient and make a kind of contract so that patient will follow the hypnosis session without hesitation. Second, pre-talk is aimed to create trust from patient.

2. Induction of Hypno-circumcision

Induction is a main way to bring someone from conscious to subconscious mind. In the clinic, patient will be asked to take a deep breath and exhale slowly through the mouth. Then, he will ask patient to close his eyes and listen carefully to what he is saying.

3. Suggestion of Hypno-circumcision

Giving suggestion is the core stage in the process of hypno-circumcision. To Bangkit, all of the words that are given to patient are suggestion.

He used positive statement to prevent the pain which is experienced by patient of circumcision. We are not allowed to say negative words.

4. Termination of Hypno-circumcision

Termination is the last stage in hypno-circumcision in Klinik Khitan Plus Hypnosis. Termination is a gradual step to bring the subject to consciousness. Bangkit used Dave Elman technique which is known as a simple and effective way to emerge patient.

ENDNOTES

¹ <http://id.wikipedia.org/wiki/> (downloaded at Mei 20th 2013 at 01.00 p.m).

² *Ibid.*

³ Frenulum is the membrane of foreskin and the shaft of penis.

⁴ Frenectomies (frenectomy) is the surgical removal or repositioning of the frenum.

⁵ <http://id.wikipedia.org/wiki/> (downloaded at Mei 20th 2013 at 01.00 p.m).

⁶ *Ibid.*

⁷ <http://lbn.mudimesra.com/2011/09/.html>. The content of two different traditions is apparently incompatible, but between those valid (shaheh) traditions can be compromised by understanding 80-years from his prophetic, while his circumcision at the age of 120 years, that is from the year of his birth.

⁸ Trismiati, *In Journal of Psychology*, "Perbedaan Tingkat Kecemasan Antara Pria dan Wanita Akseptor Kontrasepsi Mantap di RSUP Dr. Sardjito Yogyakarta". Faculty of Psychology, University of Gadjah Mada, Yogyakarta.

⁹ The term hypnosis was first triggered by James Braid in 1843 in his book *Neurypnology or The Rationale of Nervous Sleep Considered in Relation With Animal Magnetism* in wikipedia.

¹⁰ Jean Martin Charcot (1825-1893) born in Paris, France, is a neurologist and professor of anatomical pathology, He is also known as the father of modern neurology.

¹¹ Ade Yuniarti, 2012, *Metode Hipnoterapi the Winner Institut, research*. In Pavel Sovodka, *Secret of Hypnotherapy*, (Jakarta: Flash Book, 2010) p. 16.

¹² Maestro hipnotis <http://.com/definition-hypnosis.html> (downloaded at Mei 20th 2013 at 13.00 wib).

¹³ Willy Wong and Andri Hakim, *Dahsyatnya Hypnosis*, (Visimedia, 2009, Yogyakarta), p. 3.

¹⁴ Adi W. Gunawan, *Hypnoterapi the Art of Subconscious Restructuring*, (Jakarta: PT. Gramedia Pustaka Baru), p. 11.

¹⁵ Interview with Bangkit, on Wednesday, June 19th 2013 at 03.00 p.m.

¹⁶ Interview with Bangkit, on Friday, June 26th 2013 at 04.15 p.m.

¹⁷ James Braid (on June 19th 1775-March 25th 1860) a Scottish surgeon and scientist. He is regarded by many as the first genuine “hypnotherapist” and the “Father of Modern Hypnotism. (<http://Wikipedia.org> accessed on Tuesday, July 16th 2013 at 08.40 a.m.)

¹⁸ Andri Hakim, *Hypnosis in Teaching, Cara Dahsyat Mendidik dan Mengajar*, Jakarta: Visimedia, 2011, p. 1.

¹⁹ www.asch.net (downloaded on tuesday, June 25th 2013, at 19.31 p.m.)

²⁰ www.indramajid.com, Mengenal Hipnotis Modern

²¹ Willy Wong and Andrew Hakim, *Dahsyatnya Hypnosis*, (Yogyakarta: Visimedia 2009), p. 20.

²² *Ibid.*, p. 81.

²³ Willy Wong and Andrew Hakim, *Dahsyatnya Hypnosis*, (Yogyakarta: Visimedia 2009), p. 197.

²⁴ *Ibid.*, p. 36.

²⁵ SaifulAnam, *4 jam Pintar Hipnosis, ...*, p. 93.

²⁶ *Ibid.*, p. 114.

²⁷ Hypnosis & hypnotherapy scripts, Australia’s Hypnosis Online, p.56 www.hypnosisonline.com.au (accessed on Wednesday, July 3rd 2013 at 11.00 a.m.)

²⁸ Willy Wong and Andrew Hakim, *Dahsyatnya...*, p. 45.

²⁹ Hypnosis & hypnotherapy scripts, Australia’s Hypnosis Online, p. 56 at www.hypnosisonline.com.au (accessed on Wednesday, July 3rd 2013 at 11.00 a.m.)

³⁰ SaifulAnam, *4 jam Pintar Hipnosis, ...*, p. 166.

³¹ <http://id.wikipedia.org/wiki/> (Accessed on Friday, April 19th 2013)

³² Setiawan Budi Utomo, *Fiqih Aktual Jawaban Tuntas Masalah Kontemporer*, (Jakarta: Gema Insani, 2003), p. 286.

³³ It means Islamic law according to any recognized mazhab.

³⁴ Setiawan Budi Utomo, *Fiqih Aktual...*, p. 288.

³⁵ R. Goldman, “The psychological impact of circumcision”, BJU International (1999), 83, Suppl. 1, 93–102, Circumcision Resource Center, Boston, Massachusetts, USA (<http://onlinelibrary.wiley.com/doi/10.1111/j.1365-3113.1999.00000.x> pdf, accessed on Tuesday, July 23th 2013 at 15.09 p.m.)

³⁶ *Ibid.*, p. 93.

³⁷ *Ibid.*, p. 94.

³⁸ <http://www.psychologytoday.com> (accessed on tuesday, July 23th 2013 at 15.09 p.m.)

³⁹ Hadits is traditional collection of stories relating words or deeds of Muhammad the chief source of guidance for understanding religious questions.

⁴⁰ Setiawan Budi Utomo, *Fiqih Aktual...*, p. 288.

⁴¹ <http://www.psychologytoday.com> (accessed on tuesday, 23th July 2013 at 15.09 p.m.)

⁴² Interview with Unggul Senoadji on Monday July 22th 2013 at 04.00 p.m.

⁴³ *Ibid.*

⁴⁴ Opinion of Unggul Senoadji can be seen completely in his facebook account, namely Unggul Senoadji.

⁴⁵ Interview with Unggul Senoadji, June 26th 2013 at 10.00 a.m.

⁴⁶ See Medical Hypnosis in appendix.

⁴⁷ Interview with Unggul Senoadji, June 26th 2013 at 04.00 p.m.

⁴⁸ Interview with Bangkit, June 29th 2013 at 05.00 p.m.

⁴⁹ Interview with Sabar Harno, July 22th 2013 at 04.30 p.m.

⁵⁰ Interview with Unggul Senoadji, at July 26th 2013 at 04.00 p.m.

⁵¹ In Shahih Bukhori chapter II: *Penyembuhan Dengan Tiga Cara*, 1963 (Bukhori, 5681).

⁵² Observation in the clinic on Friday July 26th 2013 at 04.00 p.m.

⁵³ Interview with Bangkit Nur Rahmat on Monday, July 22th 2013 at 09.00 a.m.

⁵⁴ Willy Wong and Andri Hakim, *Dahsyatnya...*, p. 26.

⁵⁵ Observation in surgical room on Wednesday July 24th 2013, at 05.00 p.m.

⁵⁶ Willy Wong and Andri Hakim, *Dahsyatnya...* p. 204.

⁵⁷ See Medical Hypnosis 2009 Guideline.

⁵⁸ Interview with Bangkit Nur Rahmat on Tuesday, July 23rd 2013 at 04.30 p.m.

⁵⁹ *Ibid.*

⁶⁰ This opinion based on observation along the research.

⁶¹ Observation in the surgical room from July 22th-27th 2013.

⁶² *Ta'awudz* means *A'udzubillahi minassyaithonirrojiim*. *Basmalah* means *bismillahirrohmaanirrohiim*. *Syahadatain* means *asyhadu anla ilaaha illalloh wa asyhadu anna muhammadar rasuulullah*.

⁶³ *Ibid.*

⁶⁴ Observation in the clinic on Saturday July 6th 2013 at 04.00 p.m.

⁶⁵ Observation in the surgical room on Thursday July 25th 2013 at 03.30 p.m.

⁶⁶ Observation along the research in surgical room of Klinik Khitan Plus Hypnosis.

⁶⁷ Observation in the clinic on Tuesday, July 23th 2013 at 04.25 p.m.

⁶⁸ Observation in the clinic along research.

⁶⁹ *Ibid.*

⁷⁰ Observation in the surgical room along the research.

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