

ABSTRACT

Obesity and overweight is a risk for global deaths. There are many non contagious disease that related with obesity and overnutrition such as stroke, hypertension and diabetes. In this era, there are diverse diet's method in society, but, most of them failed to decrease obesity level. This phenomenon caused by many factor, one of them is lack of awareness from patient that he/she has bad lifestyle. Hypnotherapy is combination between Hypnosis and Teraupetikintervention. According to that reason, this research aimed to understanding the effect of hypnotherapy in weightloss.

The type research that used is experimental research with Test Post Test One Group Research Design, with all female Dr. Wahidin Sudiro Husodo hospital's Nutrition Lounge employees who suffer from overweight that used as research sample. The total of research sampe is 15 people, chosen by purposive sampling method. The result of this research shows that most of Dr. Wahidin Sudiro Husodo hospital's Nutrition Lounge employees that become respondents in this research experience weightloss after hypnotherapy. This result means that hypnotherapy has an effect to weightloss.

Keywords: obesity, diet, hypnotherapy