

"Do You Digest What We Suggest?"

THE EFFECT OF SUGGESTION ON MEMORY

AMONG DLSU - D PSYCHOLOGY

SOPHOMORES

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ABSTRACT

Name of Institution: De La Salle University- Dasmariñas

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TITLE: "Do You Digest What We Suggest?" The Effect of Suggestion on Memory among DLSU - D Psychology Sophomores

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OBJECTIVES OF THE STUDY:

A. GENERAL:

To prove that suggestion affect results of memory.

B. SPECIFIC:

1. To determine the mean scores of the groups with different suggestion stimuli. 2. To prove that there are significant differences among the mean of the different groups which received a no suggestion (group A), and with suggestion (group B and C). 3. To determine which among the combination of group means (A & B, B & C, A & C) reveal real significant differences.

SCOPE AND COVERAGE

The general idea of this study was to determine the effect of suggestion on memory among 48 DLSU-D Psychology Sophomore students, SY 1996-97 through a recall test by Otani and Whiteman (1994).

The importance of this study was limited to education.

METHODOLOGY

In this study, Multi Group design was employed to determine the effect of suggestion to the groups. Both placed in a pleasant scented room, group B and C received varied suggestions regarding the association of pleasant scent to memory. Group B was suggested that pleasant scent increases memory and group C was suggested that pleasant scent decreases memory. Group A, on the other hand, received no suggestion and was placed in a none scented room.

The researchers administered a recall test prepared by Otani & Whiteman (1994) to 48 Psychology sophomore students randomly grouped into three. The results of test was analyzed through one-way ANOVA or F-test and further supported by the Scheffe' test method.

MAJOR FINDINGS

Group B got a mean score of 21.63 and obtained the highest mean among the groups. Group C was found the lowest among the mean scores, garnering 15.19 and the group A received a mean of 21. These

differences was found significant at 0.05 level and revealed real significance on paired group B&C and A&C.

CONCLUSIONS

The results appeared that students response were influenced by the suggestion introduced before the recall test. Thus, the results of the study supports Gheorghiu's statement: Suggestion can result to uncontrolled responses that somehow exclude other possible choices than the suggestion.

The researcher further added that the findings can be useful to education in helping students enhance their academic performance and personal level.

RECOMMENDATIONS

(1) Investigators, students and teachers should be aware and avoid suggestions that can intervene with studies.

(2) Educators should re-evaluate their teaching effectivity. The use of positive suggestion is recommended to create relaxing environment to students. This will help expand thinking and learning potentials.

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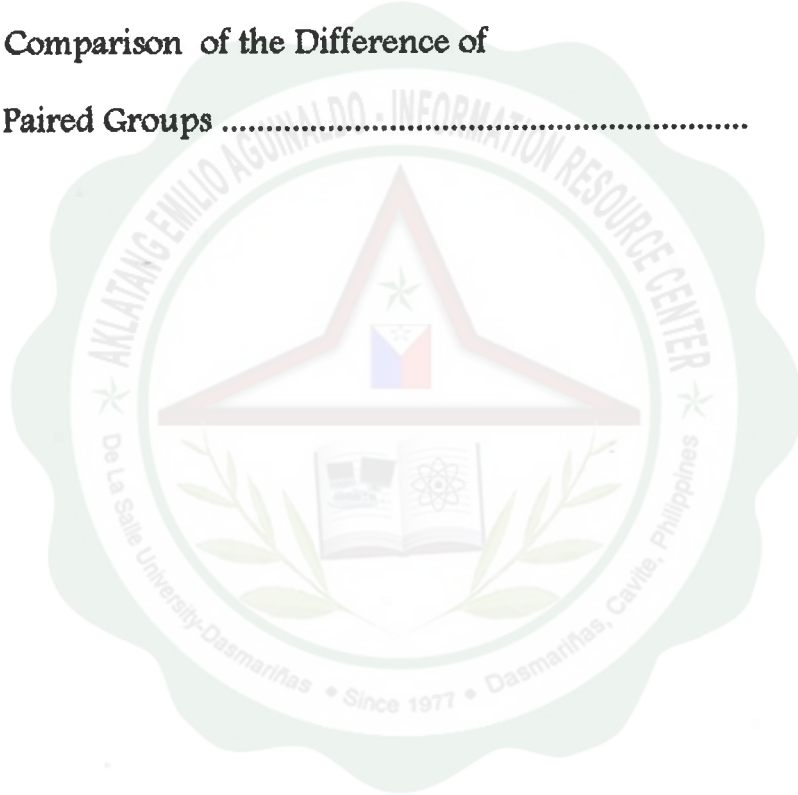
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