

A STUDY ON HUMOUR STYLES, PSYCHOLOGICAL WELL-BEING AND EMOTIONAL COMPETENCE OF YOUNG ADULTS IN INDIA

SRINITHI NATARAJAN, VASUDHA K.G.

Department of Psychiatry, Kasturba Medical College, Mangalore, Manipal Academy of Higher Education, Manipal, India.

INTRODUCTION

Humour is essentially an emotional response of mirth in a social context that is elicited by a perception of playful incongruity that’s expressed through smiling and laughter. Each humour style reflects the different ways in which individuals use humour in their daily lives habitually, spontaneously, and perhaps unconsciously. According to the humour style model, the ways in which individuals express humour reflect a part of their broader personalities and the style is not specific to a particular / unique personality.

OBJECTIVES

- To study the relationship between humour styles and psychological well – being of young adults in India.
- To study the relationship between humour styles and emotional competence of young adults in India.
- To study the effect of humour styles on psychological well - being and emotional competence of young adults in India.

METHODOLOGY

The Humour Styles Questionnaire, Ryff’s psychological well-being scale and the Emotional Competence Scale were used.

Convenience sampling was used, and data was collected from individuals online.

The sample consisted of 127 young adults between the ages of 18-25.

Spearman’s rank correlation and generalized linear models were the statistical measures used to analyze the data.

RESULTS

- Psychological Well - Being**
- Positive relationship with affiliative (0.329) and self-enhancing (0.327) humour styles.
 - Negative relationship with aggressive (-0.159) and self – defeating (-0.400) humour styles.
 - Affiliative, self – enhancing and self – defeating humour styles emerged as significant predictors of psychological well – being.
- Emotional Competence**
- Positive relationship with the self – enhancing humour style (0.250)
 - Negative relationship with self – defeating humour style (-0.285)
 - Both emerged significant predictors of emotional competence.

Table 1				
Relationship Between Humour styles with Psychological Well-Being and Emotional Competence Among Young Adults				
Variables	Affiliative ρ	Aggressive ρ	Self – Enhancing ρ	Self – defeating ρ
Psychological Well-Being	0.329**	-0.159*	0.327**	-0.400**
Emotional Competence	0.124	-0.044	0.250**	-0.285**

N= 127; *p<0.05; **p<0.01

Table 2			
Generalized Linear Model for Humour Styles and Psychological Well-being			
Predictor	B	B 95% CI	Sig.
(Intercept)	121.485	[93.409, 149.562]	<0.001
Affiliative	1.168	[0.594, 1.742]	<0.001
Aggressive	0.043	[-0.463, 0.549]	0.869
Self-enhancing	1.074	[0.543, 1.605]	<0.001
Self - defeating	-1.346	[-1.746, -0.946]	<0.001

Unstandardized beta coefficients
Dependent variable – Psychological Well – Being

Table 3			
Generalized Linear Model for Humour Styles and Emotional Competence			
Predictor	B	B 95% CI	Sig.
(Intercept)	40.284	[31.885, 48.682]	<0.001
Affiliative	0.109	[-0.062, 0.281]	0.212
Aggressive	0.118	[-0.034, 0.269]	0.128
Self-enhancing	0.285	[0.126, 0.444]	<0.001
Self - defeating	-0.288	[-0.407, -0.168]	<0.001

Unstandardized beta coefficients
Dependent variable – Emotional Competence

CONCLUSION

Although humour is primarily a sort of social play that allows us to laugh and experience emotional pleasure from absurdities, it also performs several significant and "serious" psychological tasks that have probably helped our species survive.

Humor is frequently viewed by psychologists as a beneficial, desired enhancement to well- being, which is frequently measured in terms of pleasure, happiness, or quality of life. Previous studies indicate that humour helps to reduce stress, depression, tension, and anxiety.

This lays emphasis on the use of adaptive forms of humour such as affiliative and self – enhancing humour style as part of regular language and communication and reducing the use of aggressive and self- defeating humour which the individual may use regularly.

This research is an attempt towards a better understanding of how humour styles impact the crucial social skills to acknowledge, understand, and respond productively to emotions in individuals. The results of this study may aid in the development of modules or workshops to increase an individual’s emotional competence across its dimensions thereby increasing psychological well – being.

The findings of this study may also aid in encouraging individuals to use humour adaptively as conscious strategies to cope with stressful or demanding situations. The implications of this study may also aid clinicians in providing strategies and therapeutic techniques to reframe maladaptive thinking patterns and restructure them to a more adaptive one which promotes well-being.

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