



SENSE OF HUMOUR AND RESILIENCE: A STUDY AMONG YOUNG ADULTS

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ABSTRACT :

This study sense of humour and resilience among the young adults was conducted with a sample of 100 young adult population age ranged from 18 to 24 years. Sense of Humour Questionnaire-6 revised and Brief Resilience Scale were used to collect the data. The results indicate that there is no significant relationship between sense of humour and resilience.

KEYWORDS : Sense of humour, Resilience .

INTRODUCTION:

In the last few decades the area of mental illness had been the focus of attention and research for the psychologists. However, Positive psychology is presently a field which has turned the focus from the negative aspects of psychology to the more optimistic aspects, such as happiness, courage, and sense of humor. The psychological well being is facilitated by using healthy and positive coping strategies like laughing or using sense of humor. Laughter often brings to the mind the term 'Sense of humor'. Sense of Humor is a universal, multifaceted concept and thus has many definitions. One of the definition "Sense of humor as habitual individual differences in all sorts of behaviors, experiences, affects, attitudes, and abilities relating to amusement, laughter, jocularity, and so on" (Martin, 2001)⁴. Humor is so extensive; it can be labeled as a personality trait, a stimulus variable, an emotional response, a mental process, and a therapeutic intervention. The experience of humor relieves emotional distress and assists in changing negative thinking patterns. Humour used as a defense mechanism and it helps the people to overcome the stress and anxiety and also it used as a tool to deals the stressful situation, it act as a resilient tool. Difficulty and stress can come in the state of family or relationship issues, medical issues, or working environment and monetary stresses, among others. Resilience defined as the capacity to remain well, recover, or even thrive in face of adversity" (Hardy et al., 2004)³.

A good sense of humor has been implicated as a quality that could contribute to psychological well-being. Good sense of humor might operate globally by helping to maintain a more stable positive affect.

Stable positive affect has been shown to facilitate more effective problem solving and to build resilience. It can lead to greater resilience and better psychological health, focusing on stable affect, find only self-enhancing humor provides reliable benefits. (Cann, A., et al 2014)². The relationship between humor and coping strategies said that humour has a role in restructuring a situation so it is less stressful, and the relationship of humor to both emotion-



focused and problem-focused coping strategies (Millicent H Abel, 2002)¹. In seeing gender there is no gender difference in relation to sense of humor and mental health. School and university students differed in sense of humor (Qudsia Tariq et al 2013)⁵. Resilient characteristics may associate in athletes to the use of more potentially adaptive coping strategies. (Secades, X. G., et al, 2016)⁷. Resilience will lead to life satisfaction by means of reduced levels of negative emotions. (Samani. S., et al, 2007)⁶.

METHODOLOGY

OBJECTIVE

To determine the relationship between sense of humour and resilience among the young adults.

HYPOTHESIS

H1: There will be a significant relationship between sense of humour and resilience among young adults.

H2: There will be no significant gender difference among young adults in sense of humour and its dimensions and resilience.

POPULATION

The samples are collected from young adult population age ranged from 18 to 24 years.

SAMPLE

The sample consist of 100 young adults (Male =50 and female=50).

TOOLS USED:

- Sense of humour Questionnaire-6 revised developed by Sven Svebak in 1996)
- Brief Resilience Scale developed by Smith B.W, Dalen.J., Wiggings.K, Tooley.E., Christoper. P and Bernard.J in 2008

STATISTICAL ANALYSIS

The data was coded for SPSS.20 analysis. The Karl Pearson Product Moment Correlation and t-Test was used to assess the relationship between the study variables.

RESULTS AND DISCUSSION

TABLE 1

Shows the product moment correlation co-efficient between sense of humour and its dimensions and resilience.

VARIABLES	
Sense of humour	Resilience
Cognitive	0.197*
Social	0.069
Affective	0.102

* Correlation is significant at the **0.05** level (2-tailed)

Table 1 shows the product moment correlation co-efficient between sense of humour and its dimensions and resilience. The correlation value of cognitive dimension of sense of humour and resilience is 0.197 which indicates that there is a positive correlation exists between cognitive dimension of sense of humour and resilience at significant level of 0.05. The correlation value of social dimension of sense of humour and resilience is 0.069 and affective dimension of sense of humour and resilience is 0.102. It

indicates that there is only one dimension of the sense of humor is correlated with resilience This indicates that there is no significant relationship exists between social and affective dimension of sense of humour and resilience.

Thus, the hypothesis, stated a, "There will be a significant relationship between sense of humour and resilience among young adults" is rejected.

TABLE 2
Shows the t-test value in terms of gender for the study variables.

VARIABLES		t-test SCORE	Significant
Sense of humour	Cognitive	0.432	Not significant
	Social	-4.047	Not significant
	Affective	-0.170	Not significant
Resilience		-0.256	Not significant

Table 2 shows that the 't' value for cognitive dimension of sense of humour is 0.432. The 't' value for social dimension of sense of humour is -4.047. The 't' value for affective dimension of sense of humour is -0.170. The 't' value for resilience is -0.256 it shows that there is no significant difference exist in the terms of gender in sense of humour and resilience.

CONCLUSION

- There is no significant relationship between sense of humour and resilience
- There is no significant gender difference exists in sense of humour and resilience

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