

HUMOR AS A COPING MECHANISM AND PHYSICAL HEALTH

Silvana D'Anello K.

Abstract

The study explores the relation between the use of humor as a coping mechanism and health. It was hypothesized that participants high in humor will report a better general state of health and will suffer for less illness symptoms than their counterparts. The participants were 81 workers. High and low humor groups were determined by selecting participants with self-reported humor at one standard deviation above and below the mean on the humor scale. The results supported the hypothesis which indicated the importance of incorporating humor to fight daily stress, and therefore to stimulate better physical health conditions.

Reference: MedULA, vol 5, No 2, 2006

WEB: <http://www.saber.ula.ve/medula/>

LEVELS OF SECRETORY IMMUNOGLOBULIN A (S-IgA) AND HUMOR

Silvana D'Anello¹, Karen Escalante y Carmen Sanoja

Abstract

The aim of the study was to assess the effect of humor on the secretion of secretory immunoglobulin A. An experimental design pre-post test was used with four groups of college students. The two first groups watched a humoristic videotape and either expressed or inhibited laughter; the third group watched a didactic film, and the fourth group observed a stressful film. In each case, saliva samples were collected before and after the films, and the immunoglobulin A secretion rate was measured. Additionally, sense of humor was evaluated, and laughter was monitored in the first group. Increases in immunoglobulin A were found only in the group that watched the humoristic video and expressed laughter. In this group, a significant correlation was found among frequency and intensity of laughter and the immunoglobulin A secretion rate. However, sense of humor proved to be unrelated to initial secretion and to changes in immunoglobulin A levels after the videotape. In contrast to previous research, no changes were found after the stressful film. The results extend the knowledge about effects of psychological variables on the immune system.

Reference: Psicología y Salud, vol 14, No. 2. 2004

WEB: http://www.uv.mx/psicysalud/Psicysalud_14_2/index.html

¹ Centro de Investigaciones Psicológicas. Universidad de Los Andes. Mérida-Venezuela. Tele-Fax: (58) 274-2639935. E-mail: silvana@ula.ve

PSYCHOMETRIC PROPERTIES OF THE QUESTIONNAIRE TO MEASURE HUMOR STYLES (CUESTIHU): A VENEZUELAN ADAPTATION

Silvana D'Anello K.

Abstract

Based on the multidimensional view of the sense of humor, four different styles about de functions of humor were assessed by Martin and his colleagues (2003) with the Humor Styles Questionnaire: Affiliative humor and self-enhancing humor (adaptive) aggressive humor and self-defeating (maladaptive). This article provides the results obtained in the psychometric analysis of the questionnaire using Venezuelan samples. Exploratory and confirmatory factorial analysis confirmed the factor structure corresponding to the four humor styles although two items for each sub-scale had to be deleted. The final version was conformed by 24 items. Some gender and age differences were found: males under 30 years scored higher than females on self-defeating humor, and males independently of age also score higher on aggressive humor. Validation data indicated positive association between the adaptive styles and the Coping Humor Scale. They also related positively with measures of resilience, self-esteem, internality, achievement motivation and personal accomplishment, and negatively with emotional exhaustion and illness symptoms (self-enhancing humor) and depersonalization (affiliative humor). In contrast, the maladaptive styles were positively related with measures of aggression and anxiety, and only aggressive humor related positively with emotional exhaustion and depersonalization. Inverse relations were found with life satisfaction, optimism, psychological adjustment, internality, resilience and achievement motivation. Thus, different components of sense of humor may exhibit opposite relations with indicators of physical and psychological well-being.

Reference: Avances de Medición (article accepted to be published on 2008)