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Sense of humor and Use of humor:
Implication of humor and well-being in Hong Kong

A Report Submitted to
Department of Applied Social Studies
in Partial Fulfillment of the Requirements for
the Bachelor of Social Sciences in Psychology

by

CHEUNG Chung Ping, Paul

April, 2011
Abstract

Humor has been theorized to have close relationship to well-being. However, previous findings provided an unclear picture about humor and well-being. Also, empirical studies of about humor and well-being were limited amongst Chinese society. Thus, present study aimed at examining the relationship between humor and well-being. In order to conceptualize humor clearly, (a) sense of humor (Multidimensional Sense of Humor Scale: MSHS) and (b) humor styles (Humor Styles Questionnaire: HSQ) (c) were used in present study. Also, (c) personal overall well-being (Personal Well-Being Index Adult: PWI-A) and (d) mental health (Depression, Anxiety & Stress Scale: DASS-21) were taken for measuring well-being. In present study, results have mainly shown that (1) Adaptive uses of humor are related to better well-being while maladaptive uses of humor are related to poorer well-being. (2) Using humor to self in has larger influence on well-being than using humor to others does. (3) Adaptive humors are positively related to sense of humor while maladaptive humors are negatively related to sense of humor. After discussing the results in terms of the effect of humor and cultural factors, the limitations and recommendations are presented.
Thesis Submission Declaration Form
City University of Hong Kong
Department of Applied Social Studies
Thesis Submission Declaration Form

Student Name: Cheung Chung Ping

Student No.: 

Title of Thesis/Dissertation: Sense of humor and Use of humor: Implication of humor and well-being in Hong Kong

Course Code: SS4708

Programme: BSSPSY

Supervisor’s Name: Joseph Wu

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Plagiarism on a small scale occurs when the writer of a paper, a project, or a dissertation lifts

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1 W Mc.Naughton of the Department of Chinese Translation and Linguistics at CityU, has kindly given us his consent in citing his work in full here in the Department's Student Handbook.
from some source a sentence, several sentences, a paragraph, an idea, a thought, or even information without proper documentation of the source of that sentence, several sentences, paragraph, idea, thought, or information. (The only exception is the case where the writer uses a source to remind himself of something that is “common knowledge” - when was Mao Zedong born? What is the population of Chongqing? etc. In such a case, the writer need not acknowledge the source.) The "lifting from a source" just described is still plagiarism even if the writer of the paper, project, or dissertation changes the wording around a little bit.

You are urged to study carefully the material in the following section "An Analysis of Passages Including Plagiarism and An Un-plagiarized Passage," from which you can learn to identify plagiarism in its various forms, and so avoid it. If you understand the analysis, you are far less likely to commit the serious fault of plagiarism in your own scholarly writing.

An Analysis of Passages Including Plagiarism and An Un-plagiarized Passage

You are urged to study carefully the material below, from which you can learn to identify plagiarism in its various forms, and so avoid it. If you understand the analysis, you are far less likely to commit the serious fault of plagiarism in your own scholarly writing. The ideas and examples in the following paragraphs come from Ding Wangdao and Wu Bing, eds., 150-54. Note that in the material below, you should think "document" or "documentation" every time Professors Ding and Wu write "footnote" (as verb or noun, respectively).

1. Rules for Avoiding Plagiarism

Plagiarism is the use of facts, opinions, and language taken from another writer without acknowledgment. In its most sordid form, plagiarism is outright theft or cheating: a person has another person write the paper or simply steals a magazine article or section of a book and pretends to have produced a piece of original writing. Far more common is plagiarism in dribs and drabs: a sentence here and there, a paragraph here and there. Unfortunately, small-time theft is still theft, and small-time plagiarism is still plagiarism. For your own safety and self-respect, remember the following rules - not guidelines, rules:

a. The language in your paper must either be your own or a direct quote from the original author.

b. Changing a few words or phrases from another writer's work is not enough to make the writing "your own." Remember Rule a. The writing is either your own or the other person's; there are no in-betweens.

c. Footnotes/endnotes acknowledge that the fact or opinion expressed comes from another writer. If the language comes from another writer, quotation marks are necessary in addition, to a footnote.

2. A detailed example

Original Passage

In 1925 Dreiser produced his masterpiece, the massively impressive An American Tragedy. By this time - thanks largely to the tireless propagandizing on his behalf by the influential maverick critic H.L. Mencken and by others concerned with a realistic approach to the problem of American life - Dreiser's fame had become secure. He was seen as the most powerful and effective destroyer of the genteel tradition that had dominated popular American fiction in the post-Civil War period, spreading its soft blanket of provincial, sentimental romance over the often ugly realities of life in modern, industrialized, urban American. Certainly there was nothing genteel about Dreiser, either as man or novelist.
He was the supreme poet of the squalid, a man who felt the terror, the pity, and the beauty underlying the American dream. With an eye at once ruthless and compassionate, he saw the tragedy inherent in the American success ethic; the soft underbelly, as it were, of the Horatio Alger rags-to-riches myths so appealing to the optimistic American imagination. [Richard Freedman, The Novel (New York: Newsweek Books, 1975), pp. 104-105].

**Student Version**

There was nothing genteel about Dreiser, either as man or novelist. He was the supreme poet of the squalid, a man who felt the terror, the pity, and the beauty underlying the American dream.

There was nothing genteel about Dreiser, either as man or novelist. He was the supreme poet of the squalid, a man who felt the terror, the pity, and the beauty underlying the American dream.

Nothing was genteel about Dreiser as a novelist. He was the poet of the squalid and felt that terror, pity, and beauty lurked under the American dream.

Nothing was genteel about Dreiser as a man or as a novelist. He was the poet of the squalid and felt that terror, pity, and beauty lurked under the American dream.

By 1925 Dreiser reputation was firmly established. The reading public viewed Dreiser as one of the main contributors to the downfall of the “genteel tradition” in American literature. Dreiser, “the supreme poet of the squalid,” looked beneath the bright surface of American life and values and described the frightening and tragic elements, the “ugly realities,” so often overlooked by other writers.

**Comment**

**Obvious plagiarism:** word-for-word repetition without acknowledgment.

**Still plagiarism.** The Footnote alone does not help. The language is the original author and only quotation marks around the whole passage plus a footnote would be correct.

**Still plagiarism.** A few words have been changed or omitted, but by no stretch of the imagination is the student writer using his own language.

**No quite plagiarism, but incorrect and inaccurate.** Quote marks indicate exact repetition of what was originally written. The student writer, however, has changed some of the original and is not entitled to use the quotation marks.

**Correct.** The student writer uses his own word to summarize most of the original passage. The footnote shows that the ideas expressed come from the original writer, not from the student. The few phrases kept from the original passage are carefully enclosed in quotation marks.

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Chapter 1: Introduction and Literature Review

1.1 Introduction of humor

Before scholars deeply investigated the humor, humor has already existed in society long time ago. Generally, people use humor to describe something evoking laughter whatever it is (Puhlik-Doris, 2004). Humor could be presented everywhere, such as social interaction, entertainment, or media. People engage in using humor in different situations because humor allows people to interact in a playful manner (Martin, 2007). It indicated the flexible nature of humor since humor can be presented in different form and situations, and people generally prefer humor. This phenomenon is consistent across different societies, cultures and periods of time, and humor seems to be a core culture value (Apte, 1987). People are used to believe that humor can lead a positive outcome. As a matter of in fact, humor is tied with human-being so much. For this reason, many people have tried to clarify the concept of humor, and study its underlying mechanism.

1.2 Previous conceptualizations of humor

Many researchers have explored humor by making sense with this concept. Freud has suggested that people apply humor to prevent negative feeling. That is to say, people use humor as a kind of healthy and mature defense mechanisms in order to reduce their anxious feeling (Freud, 1928). Humor has been also categorized as personality characteristic. It is suggested that sense of humor is a personality traits. If a person is humorous, he/she would be
known as a funny, health, mature, and valued person (Maslow, 1954; Allport, 1961). Recently, positive psychology has become popular. This aspect of psychology aims to promote happiness instead of dealing with the negative side of human beings (Seligman, 1998). Humor has become a hot topic in positive psychology as its positive nature (Snyder & Shane, 2007). Since humor has considerable effects on human-being, the conceptualization and exploration of humor are still ongoing. However, there is no doubt that people are consistently believed that humor is contributive to human-being.

As there are a lot of different understandings of humor, the measurements of humor are varied among different conceptualizations as well (Martin, 1998). For example, humor might be conceptualized as a behavior pattern (Humorous Behavior Q-sort Deck: Craik, Lampert and Nelson, 1996), an ability to create humor or amuse others, an aesthetic response to particular types of humorous material (Wit and Humor Appreciation Test: O’Connell, 1960), an positive attitude to humor (Sense of Humor Questionnaire: Svebak, 1974), a humorous view of life (Situational Humor Response Questionnaire: Martin & Lefcourt, 1984), or a stress coping strategy (Coping Humor Scale: Martin & Lefcourt, 1983).

1.3 Sense of humor

In contemporary psychology, there is a term called sense of humor. Sense of humor refers to humor as an enduring personality trait (Craik, & Ware, 1998).

One of the representative measurements of humor suggested that sense of humor is a
multidimensional construct, in which sense of humor contains a number of possible elements/uses of humor (Thorson & Powell, 1993). This measurement merged a number of elements of humor in order to examine one’s sense of humor, which is called multidimensional sense of humor scale (MSHS: Thorson & Powell, 1993).

Strictly speaking, sense of humor is different from use/element of humor (Thorson & Powell, 1993). Again, “sense of humor” refers to humor as a personality trait, which is stable pattern of representing a person (Craik, & Ware, 1998), while the uses of humor could be varied by situations, personality, moods, etc (Thorson & Powell, 1993). Indeed, sense of humor is theoretically made up by the different elements of humor. Every elements of humor, such as the humorous behavior, attitude towards humor, sensitivity of humor, humor coping, and acceptance of humor, could be a part of individual’s cognitive schema of sense of humor (Thorson & Powell, 1993). To put it differently, one’s sense of humor is depend on each elements of humor. Some elements would be more obvious while some are rarely presented among different individuals (Thorson & Powell, 1993). According to this measurement, if one prefers funny persons, seeks for humor stimulus, engages in the use of humor, then he/she has higher sense of humor.

Sense of humor focus on if a person humorous or not, but not study how a person using humor. That is to say, the relationship between sense of humor and these elements of humor is not a must. Some may use humor to make friend and maintain interpersonal relationship.
On the other hands, some may take humor as a view of life, or some may use humor to avoid unwanted events. Here is taking a real-life demonstration for example. Two persons both report the same degree in sense of humor scale. However, one use humor to make friends while another one often uses humor to attack others. It is obvious that sense of humor reflect one’s stable attitude of self-humorous, but not how a person adopt humor in his/her life.

To sum up, most of the traditional studies of humor are based on these above conceptualizations. Indeed, the measurements used to examine how humor influence humans’ life. The following part is to introduce the findings about the relationship between well-being and humor.

1.4 Humor and well-being

1.4.1 Social benefits

The best known use of humor should be amusing each others. Not surprisingly, humor can benefit people by enhancing their interpersonal relationship, included friendship, romantic relationship, working relationship, and professional relationship.

Some researchers found that using humor can help people relieve tension within group. That is, people can share jokes about the members who are not present. This shows that people make use humor to indirectly deal with conflict (Davies, 1982). Also, joking about other can help people identify who is acceptable as their group or not. It is because people can find the similarity though sharing jokes (Lowe, 1986). And, people can express their
opinion in humorous way so that the opinions are seen non-aggressive (Lowe, 1986). The use of humor can help people avoid conflicts and strengthen relationship within group, and then maintain a harmonious and positive atmosphere to a group.

Moreover, using humor can enhance intimate relationship as well. A number of studies have found that humor influence romantic relationship in different aspects. For instance, people who are humorous would be more attractive because people generally believe that humor is a highly desirable personality trait. Only intelligence could rival to humor, even physical attractiveness, honesty and kindness are all failed to compete with humor (Lippa, 2007). From the participants’ point of view, humor is most important quality for their ideal partner (Lippa, 2007). Similar findings direct to the conclusion that funny is critical criteria of mate selection (Lauer, Lauer, & Kerr, 1990; Miller, 2000). Besides, people use humor to manipulate conflict with intimate or material relationship so that their relationship could remain stable (Gottman & Levenson, 1999).

In addition, using humor can enhance the relationship even in professional situation, especially in therapeutic session (Mosak & Rosenheim, 1974). Humor has been stated as a counseling quality that benefit to the intervention. Therapists can use humor to provide a less serious understanding for clients while clients can get more easily to accept themselves (Austin, Kolden, Klein, & Wang, 2011).
1.4.2 Emotional Coping

The other contributions of humor are emotional regulation. Previous study has already indicated that using humor is associated to lower level of stress and anxiety (Abel, 2002). For instance, stress coping is one of the most popular issues in humor study because people suggested that humor is a kinds of stress coping strategy (Dixon, 1980; Jeannie, 1999). Indeed, people use humor to cope with stress by changing people’s cognitive perception on their experience. For example, when people are facing challenge, they can use humor to interpret the negative events, and then reconstruct the understanding of those events into a more healthy way. An explanation is that using humor allows people disassociate themselves so that people can view themselves less seriously. This healthy disassociation provides some relief and freedom for people (Paden-Levy, 2003). A study about job stress has found that lower stress and higher achievement are significantly associated to the use of humor (Killian, 1999).

Depression and anxiety and humor have been studied together as well. Some findings showed that depression and anxiety were negatively correlated to humor (Kuiper & Martin, 1998). Besides, humor is associated to ego-strength, and it has inverse relationship with depression and suicidality (Goldsmith, 1979). In addition, humor has been argued as a moderator of stressful event (Blissett, Nezu, & Nezu, 1988). It seems that humor help people reducing negative moods and possible risk factors.
Apart from reducing negative emotion, humor is also producing positive feeling to people (Snyder & Shane, 2007). Using humor to change their understanding, find a positive interpretation, people can benefit from humor by relieving their emotional distress and solving the problems constructively. Simply speaking, humor elicits the positive mood to people and enhancing the happiness of a person.

1.4.3 Physiological Health

Although physical health is not the major concerns of present study, it is somewhat surprising that a psychological concept could lead to advantages of physiological health. Empirical findings showed that laughter produce changes in physiological systems, such as immune systems (Martin, 2001).

1.4.4 Overall Well-being

Human well-being is a complex issue as it contains a lot of single constructs (Diener, Emmons, Larsen, & Griffin, 1985). Generally, those constructs are related to evaluation of individuals’ life events, such as physical health, mental health, achievement, social connection, self-actualization, etc. To comprise those single constructs would provide a picture of global well-being (Diener, Emmons, Larsen, & Griffin, 1985). In addition to above findings, many researchers have also investigated how humor contributes to physical health, well-being, social desirability, and reduction of depression and anxiety (Carroll & Schmidt, 1992; Gelklop, Sigal, & Kramer, 1994). There is no doubt that humor is critical to
human well-being and happiness. Strictly speaking, humor has served as an important function of society and essential to psychological health and well-being (Martin, 2007).

1.4.5 Counter arguments about humor

However, some findings have argued against the positive nature of humor. That is, the results were showing weak or unrelated relationship, or indicate the negative effects between humor and several desirable features. For example, humor in particular situations can be regarded as a socially acceptable weapon to discriminate others (Spencer, 1989). To be obvious, humor is usually presented in social interactions among children, but they often use humor to tease others (Leary, Kowalshi, Smith, & Philips, 2003). Moreover, a recent finding showed that in-group prejudicial jokes would increase the biases towards other groups (Hodson, MacInnis, & Rush, 2010). It seems that humor is not always related to positives. In addition, humor has been found unrelated with a sort of positive personality characteristics which are related to better well-being (Kuiper & Martin, 1998). Furthermore, even though humor is often suggested as a positive quality of mental health, the real-life would sometimes on the contrary. It is reported that clients sometimes use humor to avoid experiencing their feelings (Kubie, 1971). What is more serious is that severe mental illnesses were often presented with inappropriate humor, such as schizophrenia (Borins, 1995). Although prejudice, discrimination and mental illness were often known as undesirable and destructive to human well-being, those negatives often associated to humor as well. In short, those results
fail to replicate previous finding and eventually, the use of humor was still in debate. From the researchers’ point of view, the contribution of humor is still a question (Puhlik-Doris, 2004).

Yet, previous studies indicated the healthy nature of humor, the finding were not convincing enough as there were some considerable arguments. To interpret those incongruent findings, is it persuasive for people to say humor is naturally irrelevant to those positive benefits? This should not be a favorable conclusion. Alternatively, it is suggested that previous conceptualizations of humor had some limitations. Briefly speaking, studies often treat humor as a one-dimensional construct. For example, researchers measured one specific elements of humor. Or, they viewed humor as a stable personality trait, and comparing humor with different variables by only measuring the intensity of sense of humor (Kohler & Ruch, 1998). Indeed, many studies measured humor without distinguishing its potential natures. Although those measurements have shown a generally consistent pattern of humor, researchers were sometimes raising questions to the blurred even contradictive results. Therefore, people have continually tried to rescue the theory of humor and developed a better measurement of humor. One of the most popular used measurements is called Humor Styles Questionnaire (HSQ: Puhlik-Doris, 1999).
1.5 Humor styles

Previous investigations showed that humor can be used adaptively, such as enhancing self-emotion though stress coping and self-cheering, coping with conflict and entertain others. Besides, humor can occur when teasing others or degrading self. Those patterns indicated that humors could be varied by their functions. That is, humor could be constructive, or destructive to a person, and the receivers of humor could be others, or self. Thus, a clear conceptualization of humor has come.

According to the original designers, humor could be understood in a 2X2 model (Gary, Larsen, Martin, Puhl-Doris, & Weir, 2003). The first distinction is the humor is whether enhancing the self or the humor is enhancing others. Another distinction is that the humor is potentially adaptive or the humor is potentially maladaptive. By there are four dimensions of humor style, which are affiliative, self-enhancing, aggressive, and self-defeating humor (Gary et al., 2003). The natures of those dimensions are demonstrated in the following.

(a) Affiliative humor

This humor use style represents individual who tend to say funny things, and tell joke to amuse others, please others, facilitate relationships, and relieve tensions. This humor use is adaptive and non-hostile. Previous study has found a positive relationship between affiliative humor and well-being, and converse relationships with depression and anxiety (Gary et al., 2003; Lee Stillerman, 2006).
(b) Self-enhancing humor

This dimension refers to a generally humorous attitude of life, in which people can be amused by the incongruities of life, and use humor to cope with emotional distress and stressful events. This humor style is adaptive, but communication to others is not necessary. Previous findings indicated that self-enhancing humor has a quite similar correlation patterns to affiliative humor. That is, self-enhancing humor was positively correlated to well-being, and negatively correlated to depression and anxiety (Gary et al., 2003; Puhlik-Doris, 2003). Another study showed that self-enhancing humor are negatively correlated to all depression, anxiety and stress (Lee Stillerman, 2006). Indeed, affiliative and self-enhancing humors have positive correlation as well (Gary et al., 2003).

(c) Aggressive humor

The use of teasing, 'put down', and degrading other are related to this dimension. Individual who make use of this humor would tend to manipulate other by ridicule, express humor with prejudices and say funny thing to hurt others. This dimension is potentially maladaptive. Deservedly, aggressive humor has also been studied with the other humor styles. However, historical results indicated that aggressive humor generally did not have significant correlation to well-being and any negative emotional stages (Gary et al., 2003; Puhlik-Doris, 2003; Lee Stillerman, 2006).
(d) Self-defeating humor

This humor use related to self-disparaging humor. Individual would amuse other though saying something which may hurt his/herself. Also, to gain approval or acceptance, individual would allow others to tease on him/her, and then laugh together. Individual would often play a ‘clown’ role in his/her community. This dimension is potentially maladaptive even it could be amusing. It is because individual would use this humor to hide their negative feeling and avoid constructive coping to the problems. According to empirical findings, self-defeating showed significant relationships with well-being and negative emotional stages. This dimension has indicated a negative correlation towards well-being. Additionally, it was positively correlated to all depression, anxiety, and stress (Gary et al., 2003; Puhlik-Doris, 2003; Lee Stillerman, 2006).

2X2 model of humor use

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<th>Humor nature</th>
<th>Object of humor use</th>
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<tr>
<td>Adaptive</td>
<td>Other</td>
<td>Self-enhancing</td>
</tr>
<tr>
<td>Maladaptive</td>
<td>Self</td>
<td>Self-defeating</td>
</tr>
<tr>
<td></td>
<td>Affiliative</td>
<td>Aggressive</td>
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This conceptualization of humor has provided a great shift from traditional approach. It helps people view humor in clear-cut dimension rather than a simply uni-dimensional construct, or a personality trait. Furthermore, some conducted studies of humor styles have already indicated some obvious relationship patterns between humor and well-being, personality (Saroglou & Scariot, 2002) social support (Martin, 2007) and negative emotional
stages (Lee Stillerman, 2006). In addition, emotional intelligence (Freudenthaler, Neubauer, Gabler, & Scherl, 2008), refer to the cognitive ability of emotionality (i.e. emotion expression, empathy), well-being (i.e. happiness, self-esteem), self-control (i.e. impulsivity, stress management), and sociability (i.e. assertiveness, social awareness), is related to humor styles (Cherkas, Kirilovic, Martin, Schermer, TimD, Vernon & Villani, 2009).

The relationships between those factors are stated, and consistent to the hypothesized nature of humor. It is proposed that HSQ successfully provided an alternative understanding of humor.

1.6 Conceptualization and hypotheses of present study

1.6.1 Aims of study

To provide further support about the advantages of humor, present study has decided to replicate pervious study results of humor. In present study, personal well-being and negative emotion stages would be studied in different measurements. It is hoped that the results could refine the understanding of humor. In addition, investigating humor in Chinese seems to be relatively rare as most studies are conducted in western countries. Could HSQ apply similarly in different cultures with desirable reliability and validity? And, is it possible that cultural differences occur in humor use or humor understanding? Those questions are critical and meaningful. Thus, present study has targeted Hong Kong citizens, which are representing Chinese people, for humor exploration.
The Other focuses are the linkage between sense of humor and humor style. Apart from
the studies of humor style, the relationship between sense of humor (MSHS) and well-being
has been studied as well. MSHS has been shown to correlate positively with positive
well-being, such as warmth, gregariousness, assertiveness, excitement seeking, creativity,
intrinsic religiosity, positive emotions, and cheerfulness (Hampes, Powell, Sarmany-Schuller
& Thorson, 1997). MSHS has been shown to negatively correlate with a number of negative
well-being, especially neuroticism, pessimism, avoidance, negative self-esteem, aggression,
depression, death anxiety, and bad mood (Hampes, Powell, Sarmany-Schuller & Thorson,
1997).

Since both sense of humor and humor style could provide a salient understanding to
humor nature, researchers have further studied the relationship between each humor styles
and sense of humor. Eventually, they found that four humor styles are all positively correlated
sense of humor (Puhlik-Doris, 2003). Indeed, affiliative ($r=.50, p<.001$),
self-enhancing($r=.50, p<.001$) aggressive ($r=.37, p<.001$) and self-defeating ($r=.27, p<.01$)
humor were all positively correlated to sense of humor, with a difference among their
intensity of correlation (Puhlik-Doris, 2003).

However, people may question: if all humor styles are generally positively correlated to
sense of humor, then why do some humor styles negatively correlate to well-being? People
might understand this inconsistency as a paradox. Then they may argue why people need to
differentiate humors by two distinctions. One of the possible explanations of this
phenomenon is that humor could still be undifferentiated in nature, and this conclusion would
challenge the concept of dimensional humors. Deservedly, this conclusion is not acceptable
as there are plenty findings support the systematic differences of humor styles in well-being,
personality, and emotional stages, etc. However, the unclear relationship between sense of
humors and humor styles has to be explained.

Alternative explanation is to clarify the concepts of sense of humor and humor style. As
mentioned before, sense of humor only mention about one reports how they are humorous,
but not to describe people how to use humor. One can subjectively think he/she is humorous,
and at the same time, use humor to attack other individuals. There is not contraction between
sense of humor and humor styles. And the paradox between sense of humor and humor style
to well-being could be due to the measurement of sense of humor. MHSH do not categorize
the elements of humor in terms of their potential nature and objects. MSHS descriptions
about humor are approximately unprejudiced, which can represent in most of the elements of
humor, or say, four humor styles. Additionally, this also explains why all humor styles are
positively correlated to sense of humor.

Present study mainly focused on the relationship between humor styles and well-being.
In fact, it is suggested that the differences would be based on the two distinctions (i.e. humor
nature and object) of conceptualization model. It is hoped that present study can provide a
strong and obvious argument to the distinctions in order to emphasize the importance of the dimensional nature of humor. In the following, the humor styles are going to predict well-being by regression analysis. In order to investigate the effect of humor use, some variable would be controlled though hierarchical regression analysis. Considering the large effect of sense of humor on well-being, sense of humor would be controlled in analysis so that the results could present the power of humor style effectively.

Thus, present study would study humor in both sense of humor and humor styles, and analyze the relationship to well-being in order to investigate the myths. To study humor critically, a sort of hypotheses were set.

1.6.2 Hypotheses

(1) As the adaptive nature of affiliative and self-enhancing humor, it is hypothesized that they are positively correlated to well-being, and negatively correlated to depression, anxiety, and stress. Besides, because of the maladaptive potential, aggressive and self-defeating humors are hypothesized to negatively correlate to well-being, and positively correlate to those negative emotional stages.

(2) And, to test humor in both elemental and trait aspect, sense of humor (MSHS) was also taken in present study. Similar to most previous findings, it is suggested that
sense of humor is positively correlated to well-being. The depressed, anxious, and stress mood are besides negatively correlated to sense of humor.

(3) As sense of humor contains plenty elements of humor, it is possible that four humor styles are included into the elements as well. According to previous studies, it is showed that all four humor styles are all positively correlated to sense of humor (Puhlik-Doris, 2003). This consensus suggested that the potential nature of humor was not differentiated in MSHS. Therefore, it is hypothesized that each of the humor styles would all positively correlated to sense of humor.

(4) All four humor styles were analyzed to predict well-being. Although sense of humor is used to be a strong predictor of well-being, its linkage between well-being was not the most concerned in present study. Furthermore, to predict the effect of each humor styles on well-being and negative emotions, the effect of sense of humor would be controlled. Hierarchical regression would be used in analysis. According to previous research, self-enhancing and self-defeating humors indicated a closer relationship to well-being (Gary et al., 2003; Puhlik-Doris, 2003; Lee Stillerman, 2006). As a result, it is hypothesized that humor used for enhancing self can significantly predict well-being and negative emotion stages.
Chapter 2: Methodology

2.1 Participants

Present study has totally comprised 179 people (71 males, 108 females). Their age ranged from 18 to 41 (M=21, SD=2.1) year-old. All samples are at least undergraduate student of local universities. Those participants were selected though convenient sampling.

2.2 Measurement

2.2.1 Humor Styles Questionnaire HSQ

Generally speaking, this measurement provides a 2*2 conceptualization of sense of humor (Puhlik-Doris, 2004). There are two main distinctions in this model. First, the humor is used to enhance self or relationship with other, and second, the humor is used to be potentially adaptive, or maladaptive (Puhlik-Doris, 2004). According to this model, there are four kinds of humor styles (Puhlik-Doris, 2004).

Since the aims of present study, the concept of humor should have been better accounted, HSQ was taken to measure humor style in present study. HSQ measure humor in terms of discriminating humor use into four dimensions, they are (a) affiliative, (b) self-enhancing, (c) Aggressive, and (d) self-defeating. HSQ included four 8-item scales, which representing each humor style. There are totally 32 descriptive items, and those items are statements about different use of humor. Participants are required to read the statements and then answers in what extend the items describe their patterns of humor use. Their response will be measured by a 7-point scale of (1) totally disagree to (7) totally agree. According to the designer of
HSQ, the reliability is separately mentioned in terms of four humor styles, and the Cronbach alpha are ranged from .77 to .81 (Gray, Larsen, Martin, Puhlik-Doris & Weir, 2003).

2.2.2 Depression anxiety stress scale (DASS-21)

Depression anxiety stress scale (DASS-21) is used to measure the negative emotion stage (Lovibond & Lovibond, 1995). Generally, researchers apply this scale to measure general depression, anxiety, and stress of a person. There is no doubt that DASS-21 is widely accepted by both researcher and clinical setting. Besides, previous study has taken the use of the other measurement to study negative emotion stage. To study the relationship between humor and negative emotions stages clearly, DASS-21 is going to be applied in present study. DASS-21 contains three 7-items scales. There are 21 descriptive items, and the statements are describing some emotional syndromes. Participants are requested to indicate how the statements apply to them in the past week. Participants responses are measured by a 4-point scales, from (0) totally not apply to me to (3) apply to me most of the time. The total score would show the severity of person’s negative emotion stages. To better represent local phenomena, present study would apply the Chinese version of DASS-21 (Laube, Lovibond, & Taouk, 2001).

2.2.3 Personal well-being index (PWI-A)

There are plenty of measurements to measure well-being and life satisfactions. Personal well-being index (PWI-A) was taken in present study. This scale is developed by Australian
Centre on Quality of Life (ACQOL). Since well-being is subjective as well as objective,
PWI-A is aimed to promote an overall view in both objective and subjective aspect (The international Wellbeing Group, 2005). PWI-A contains 8 items, except the first items which
known as separate variable for construct validity, each of the remaining items represents an
aspect of well-being, they are (a) living standard, (b) physical health, (c) personal
achievement, (d) interpersonal relationships, (e) safety, (f) belonging to community, and (g)
future security. Participants’ responses would be measured by a 10-point scale, from (0)
Completely dissatisfied to (10) Completely satisfied. All the score would be standardized into
0-100 point scale. The standardization is achieved by simply shifting the decimal point to the
right. For example, score of 7 stands for 70 points. According to the PWI-A developer, the
mean of the seven domains is taken for analysis, so called Personal Wellbeing Index (PWI).
The reliability of PWI-A is generated from the results in Australia and overseas countries, the
Cronbach alpha is ranged from .70 to .85.

2.2.4 Multidimensional sense of humor scale (MSHS)

To measure the humor as a personality trait, present study has used the MSHS.
Previously, the use of Multidimensional sense of humor scale (MSHS) is to assess the sense
of humor in four dimensions, which are (a) humor production and social use of humor, (b)
coping humor (c) humor appreciation, (d) attitude towards humorous persons, with totally 24
items (Thorson & Powell, 1993). Interestingly, although this score has four factors, these
factors are not likely to be independent to one another as the factor solutions are less optimal (Cattell, 1978; Child, 1990; McDonald, 1985). Those items are in 4-point scale, from (1) strongly disagree to (4) strongly agree. According to MSHS designer, the Cronbach alpha is about .92 (Thorson & Powell, 1993). Another study of MSHS found the Cronbach alpha of .90 for young group and .89 for elderly group (Thorson & Powell, 1993). However, the reliability of each factors were not found in the report (Thorson & Powell, 1993). As the dimensional structure is not yet clear, and the reliability of each factors are not mentioned, present study would simply take the total score of MSHS for analysis, as the author and other researchers did so (Thorson & Powell, 1993; Puhlik-Doris, 2004).

2.3 Procedures

All participants were conveniently selected from eight universities in Hong Kong. They were asked to volunteer their time in a study about their humor. After explaining the purposes of study and having consents, participants would be given a questionnaire and required to answer all the questions. Upon completion, researcher would thank for their participation and, if they requested, provided some feedbacks. All the data would be input into a data set and analyzed by SPSS-18.

2.4 Pilot Test

As this study is conducted in Hong Kong, all the scales are translated into Chinese. The translation process was though back translations (Brislin, 1970; Brislin, 1980). To examine
the reliability of translated measurement and prevent wrongly use of scales, a pilot test was conducted. There were a sample of 15 respondents participated to the pilot test. They are required completing the questionnaire for the pilot testing. The result shows that the reliability of HSQ (Cronbach $\alpha=.83$), DASS-21 (Cronbach $\alpha=96$), PWI-A (Cronbach $\alpha=.88$), and MSHS (Cronbach $\alpha=.93$) are all acceptable.

2.5 Reliability of present study

After collecting all the data, the reliability of measurement are analyzed separately. For HSQ, the coefficient is Cronbach $\alpha=.71$, and the Cronbach alphas of each humor styles, affiliative (Cronbach $\alpha=.80$), self-enhancing (Cronbach $\alpha=.79$), aggressive (Cronbach $\alpha=.71$), and self-defeating ($\alpha=.74$) are indeed indicated. The other measurement of humor is MSHS. In present study, it was found that the coefficient is Cronbach $\alpha=.89$. DASS, which contain three negative emotional stages, was reported a desirable coefficient with a Cronbach alpha of .94. Furthermore, the measurements of depression ($\alpha=.86$), anxiety ($\alpha=.84$), and stress ($\alpha=.86$) have all shown a good reliability in present study. Lastly, the PWI-A showed a good reliability in general ($\alpha=.90$). In short, even though there was a mildly decrease in coefficient of HSQ, all the measurements have demonstrated good reliability.
Chapter 3: Results

Here are the results of present study.

3.1 Descriptive statistics

Table 1 shows the descriptive statistics data, which are the means and standard deviations for the humor styles scales (HSQ), sense of humor scale (MSHS), depression, anxiety, stress scale (DASS-21), and well-being scale (PWI-A). Independent sample t-test was used to analyze gender differences to those variables. According to the result, gender shows a very little contribution on those variables. Indeed, those results will not be analyzed separately for men and women in present study as gender is not the main focus.

Table 1.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Total N=179</th>
<th>Males n=71</th>
<th>Females n=108</th>
<th>t-test</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>M</td>
<td>SD</td>
<td>M</td>
<td>SD</td>
</tr>
<tr>
<td>1. Affiliative</td>
<td>36.67</td>
<td>5.60</td>
<td>36.11</td>
<td>5.46</td>
</tr>
<tr>
<td>2. Self-enhancing</td>
<td>34.26</td>
<td>7.70</td>
<td>34.41</td>
<td>7.30</td>
</tr>
<tr>
<td>3. Aggressive</td>
<td>26.97</td>
<td>6.81</td>
<td>28.52</td>
<td>7.94</td>
</tr>
<tr>
<td>5. Sense of Humor</td>
<td>68.03</td>
<td>10.45</td>
<td>66.63</td>
<td>11.12</td>
</tr>
<tr>
<td>6. Depression</td>
<td>9.46</td>
<td>8.47</td>
<td>11.18</td>
<td>9.34</td>
</tr>
</tbody>
</table>
3.2 Correlation amongst HSQ, MSHS, DASS-21, & PWI-A

Table 2 shows the intercorrelations among all the humor styles. Also, the correlations between each humor styles and sense of humor, negative emotions, and well being are also indicated.

Table 2.
Correlation between humor style (HSQ), Sense of Humor (MSHS), Depression, Anxiety, Stress (DASS 21), and well-being (PWI-A)

<table>
<thead>
<tr>
<th>Variables</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Affiliative</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Self-enhancing</td>
<td>.50**</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Aggressive</td>
<td>-.30**</td>
<td>-.19*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Self-defeating</td>
<td>-.23**</td>
<td>-.09</td>
<td>.52**</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Sense of humor</td>
<td>.67**</td>
<td>.59**</td>
<td>-.33**</td>
<td>-.20**</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Depression</td>
<td>-.44**</td>
<td>-.45**</td>
<td>.41**</td>
<td>.44**</td>
<td>-.42**</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Anxiety</td>
<td>-.30**</td>
<td>-.41**</td>
<td>.39**</td>
<td>.40**</td>
<td>-.35**</td>
<td>.73**</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Stress</td>
<td>-.23**</td>
<td>-.49**</td>
<td>.29**</td>
<td>.35**</td>
<td>-.30**</td>
<td>.75**</td>
<td>.78**</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Well-being</td>
<td>.32**</td>
<td>.50**</td>
<td>-.28**</td>
<td>-.38**</td>
<td>.45**</td>
<td>-.63**</td>
<td>-.45**</td>
<td>-.56**</td>
<td></td>
</tr>
</tbody>
</table>

*p < .05. **p < .01.

As showing in table 2, significant correlations are found between most of the humor styles. Affiliative humor are moderately and positively correlated to self-enhancing, (r=.50, p<.001). This result shows that people who use humor to facilitate interpersonal relationship, would more likely to use humor to enhance themselves as well. Besides, affiliative humor are mildly and negatively correlated to aggressive humor (r=-.30, p<.001) and self-defeating humor (r=-.26, p<.001). The self-enhancing humor is somewhat negatively correlated to
aggressive humor \((r=.19, p<.05)\), but there is not significant correlation between
self-enhancing humor and self-defeating humor \((r=-.09, \text{n.s.})\). Aggressive humor has a
moderately close relationship \((r=.52, p<.001)\) to self-defeating humor, which means people
who tend to use humor as a weapon would also use humor to disqualify themselves.

As expected, both affiliative \((r=.32, p<.001)\) and self-enhancing humor \((r=.50, p<.001)\)
have a positive and moderate correlation to personal well-being. These results propose that
people who use humor to enhance others and themselves could have some positive influences
to their life. On the other hand, present study found that both aggressive \((r=-.28, p<.001)\) and
self-defeating humor \((r=-.38, p<.001)\) are mildly to moderately negatively correlated to
well-being. These findings supported that using humor to disqualify self and others is
associated to poor life satisfaction.

Moreover, it is hypothesized that how each humor styles related to negative emotions is
depended its potential nature. First, depression, anxiety and stress are strongly intercorrelated.
That is, depression is highly correlated to anxiety \((r=.73, p<.001)\) and stress \((r=.75, p<.001)\),
while anxiety and stress are strongly correlated as well \((r=.78, p<.001)\).

To explore further about this hypothesis, the results indicates a significant pattern about
four humor styles and negative emotions. That is, affiliative humor is negatively correlated to
all depression \((r=-.44, p<.001)\), anxiety \((r=-.30, p<.001)\), and stress \((r=-.23, p<.001)\). Similar
pattern is also found in self-enhancing humor, in which self-enhancing humor moderately and
negatively correlated to all depression ($r=-.45, p<.001$), anxiety ($r=-.41, p<.001$), and stress ($r=-.49, p<.001$). Additionally, the correlations between self-enhancing humor and all negative emotions are mildly stronger than affiliative humor. These patterns again argue for that apart from better life satisfaction, affiliative and self-enhancing humor also benefit people in producing less negative moods.

Not surprisingly, the positive correlation between two maladaptive humor styles and those negative emotions are also found in present study. Aggressive humor are positively correlated to all depression ($r=.41, p<.001$) anxiety ($r=.39, p<.001$), and stress ($r=.29, p<.001$). At the same time, there are negative correlation occur between self-defeating humor and depression ($r=.44, p<.001$), anxiety ($r=.40, p<.001$) and stress ($r=.35, p<.001$), similar to aggressive humor. The correlation between self-defeating humor and all negative emotions are mildly stronger than aggressive humor. There result can partly support the argument that the maladaptive uses of humor are harmful to people as they associate to a sort of negative moods.

Another concern of present study is about the sense of humor, which represent the personality traits that one is humorous or not. Apart from supporting the dimensional nature of humor, present study has also provided support that humor could be known as a personality trait and related to well-being. By investigating the relationship between sense of humor, each humor styles, negative emotions, and personal well-being, some significant
findings are found.

The sense of humor is significantly correlated to each humor styles. Indeed, sense of humor quite strongly positively correlated to adaptive humor such as affiliative ($r=.67$, $p<.001$) and self-enhancing humor ($r=.59$, $p<.001$) while it mildly negatively correlated to maladaptive humor such as aggressive ($r=-.33$, $p<.001$) and self-defeating humor ($r=-.20$, $p<.001$). The result is different from previous studies. According to previous findings, sense of humor is positively correlated to all four humor style. These results suggest that people may generally have a positive schema about humor. That is, people tend to describe humor as a positive and healthy concept which associating to enhancing self and others in stead of disqualifying self or others. The correlation between sense of humor and well-being could partly suggest how people believe the positive nature of humor ($r=.45$, $p<.001$).

Furthermore, there are significant correlations between sense of humor and those negative emotions. The correlations with depression ($r=-.42$, $p<.001$) anxiety ($r=-.35$, $p<.001$), and stress ($r=-.30$, $p<.001$) are all moderately negative. These findings could support previous studies, which claimed that sense of humor associate to mental and physical health.

In short, the correlations are mostly expected as hypothesized before. Adaptive humor styles associated to higher well-being and less emotion distress, while maladaptive humor styles contributed to poor well-being, and lead to higher depressed, anxious and stressed mood. To indeed explore humor style, present study has further analyzed in what extend the
humor styles predicted the well-being and negative emotional stage.

The following part is hierarchical regression analyses for humor styles predicting self-reported well-being and negative emotions.

3.3 Humor styles predicting well-being

Hierarchical regression analysis was used to test if the humor styles significantly predicted the self-reported well-being, depression, anxiety, and stress.

Table 3.
Summary of Hierarchical Regression Analysis for humor style predicting well-being (N=179)

<table>
<thead>
<tr>
<th>Variables</th>
<th>Model 1</th>
<th></th>
<th>Model 2</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>B</td>
<td>SE B</td>
<td>β</td>
<td>B</td>
</tr>
<tr>
<td>Gender</td>
<td>1.17</td>
<td>2.05</td>
<td>.04</td>
<td>1.30</td>
</tr>
<tr>
<td>Sense of humor</td>
<td>6.58</td>
<td>1.00</td>
<td>.44***</td>
<td>3.07</td>
</tr>
<tr>
<td>Affiliative</td>
<td>-1.38</td>
<td>1.22</td>
<td>-.09</td>
<td></td>
</tr>
<tr>
<td>Self-enhancing</td>
<td>5.98</td>
<td>1.12</td>
<td>.40***</td>
<td></td>
</tr>
<tr>
<td>Aggressive</td>
<td>.28</td>
<td>1.09</td>
<td>.02</td>
<td></td>
</tr>
<tr>
<td>Self-defeating</td>
<td>-4.90</td>
<td>1.04</td>
<td>-.33***</td>
<td></td>
</tr>
<tr>
<td>$R^2$</td>
<td>.20</td>
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<td>.39</td>
<td></td>
</tr>
<tr>
<td>$\Delta R^2$</td>
<td></td>
<td></td>
<td>.19</td>
<td></td>
</tr>
<tr>
<td>$F$ for change in $R$</td>
<td>22.31***</td>
<td></td>
<td>13.27***</td>
<td></td>
</tr>
</tbody>
</table>

Note. *p < .05. **p < .01. ***p < .001.

Sense of humor, affiliative, self-enhancing, aggressive, self defeating are centered at their means.

Table 3 shows the result of regression analysis for humor styles predicting well-being.

After controlling the gender and sense of humor in prediction, the results of the regression
indicated the four predictors explained 39% of the variance ($R^2=.39, F(4,172)=13.27, p<.001$). It was found that self-enhancing humor significantly predicted participants’ overall well-being ($\beta = .40, p<.001$), as self-defeating humor did ($\beta = -.33, p<.001$). Something interesting is, sense of humor also significantly predicted the well-being, with $\beta = .21, p<.05$.

### 3.4 Humor styles predicting depression

Table 4.

*Summary of Hierarchical Regression Analysis for humor style predicting depression (N=179)*

<table>
<thead>
<tr>
<th>Variables</th>
<th>Model 1</th>
<th></th>
<th></th>
<th>Model 2</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$B$</td>
<td>$SE B$</td>
<td>$\beta$</td>
<td>$B$</td>
<td>$SE B$</td>
<td>$\beta$</td>
</tr>
<tr>
<td>Gender</td>
<td>-2.09</td>
<td>1.18</td>
<td>-.12</td>
<td>-1.69</td>
<td>1.03</td>
<td>-.10</td>
</tr>
<tr>
<td>Sense of humor</td>
<td>-3.43</td>
<td>.58</td>
<td>-.40***</td>
<td>-1.11</td>
<td>.74</td>
<td>-.01</td>
</tr>
<tr>
<td>Affiliative</td>
<td></td>
<td></td>
<td></td>
<td>-1.31</td>
<td>.68</td>
<td>-.15</td>
</tr>
<tr>
<td>Self-enhancing</td>
<td>-2.70</td>
<td>.63</td>
<td>-.32***</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aggressive</td>
<td>1.07</td>
<td>.61</td>
<td>.13</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Self-defeating</td>
<td>2.55</td>
<td>.58</td>
<td>.30***</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$R^2$</td>
<td></td>
<td>.19</td>
<td></td>
<td>.42</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$\Delta R^2$</td>
<td></td>
<td></td>
<td></td>
<td>.23</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$F$ for change in $R$</td>
<td>20.47***</td>
<td></td>
<td></td>
<td>16.77***</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note. *$p < .05$. **$p < .01$. ***$p < .001$.* Sense of humor, affiliative, self-enhancing, aggressive, and self-defeating are centered at their means.

Table 4 shows the result of regression analysis for humor styles predicting depression.

After controlling the gender and sense of humor factors in prediction, the results of the regression indicated the four predictors explained 42% of the variance ($R^2=.42, F$
Similar to prediction of well-being, the results indicated that self-enhancing humor significantly predicted participants’ depression ($\beta = -0.32, p < 0.001$), as well as self-defeating humor ($\beta = 0.30, p < 0.001$).

### 3.5 Humor styles predicting anxiety

Table 5. Summary of Hierarchical Regression Analysis for humor style predicting Anxiety (N=179)

<table>
<thead>
<tr>
<th>Variables</th>
<th>Model 1</th>
<th></th>
<th></th>
<th>Model 2</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$B$</td>
<td>$SE B$</td>
<td>$\beta$</td>
<td>$B$</td>
<td>$SE B$</td>
<td>$\beta$</td>
</tr>
<tr>
<td>Gender</td>
<td>0.75</td>
<td>1.30</td>
<td>0.04</td>
<td>1.27</td>
<td>1.17</td>
<td>0.07</td>
</tr>
<tr>
<td>Sense of humor</td>
<td>-3.21</td>
<td>0.64</td>
<td>-0.36***</td>
<td>-0.63</td>
<td>0.85</td>
<td>-0.07</td>
</tr>
<tr>
<td>Affiliative</td>
<td></td>
<td></td>
<td>0.19</td>
<td></td>
<td>0.78</td>
<td>0.02</td>
</tr>
<tr>
<td>Self-enhancing</td>
<td></td>
<td></td>
<td>-2.86</td>
<td></td>
<td>0.71</td>
<td>-0.32***</td>
</tr>
<tr>
<td>Aggressive</td>
<td></td>
<td></td>
<td>1.67</td>
<td></td>
<td>0.69</td>
<td>0.19*</td>
</tr>
<tr>
<td>Self-defeating</td>
<td></td>
<td></td>
<td>2.46</td>
<td></td>
<td>0.66</td>
<td>0.27***</td>
</tr>
<tr>
<td>$R^2$</td>
<td></td>
<td></td>
<td>0.13</td>
<td></td>
<td></td>
<td>0.33</td>
</tr>
<tr>
<td>$\Delta R^2$</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>0.20</td>
</tr>
<tr>
<td>$F$ for change in $R$</td>
<td>12.65***</td>
<td></td>
<td></td>
<td>13.12***</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note. *$p < 0.05$. **$p < 0.01$. ***$p < 0.001$.

Table 5 shows the result of regression analysis for humor styles predicting anxiety. After controlling the gender and sense of humor in prediction, the results of the regression indicated the four predictors explained 33% of total variance ($R^2 = 0.33, F(4,172) = 13.12, p < 0.001$). Again, self-enhancing and self-defeating humors were significant predictor of
participants’ anxiety. Self-enhancing humor reported with ($\beta = -.32, p < .001$) and self-defeating humor reported ($\beta = .27, p < .001$). Additionally, aggressive humor significantly but weakly predicted anxiety as well ($\beta = .19, p < .05$).

3.6 Humor styles predicting stress

Table 6.

*Summary of Hierarchical Regression Analysis for humor style predicting Stress (N=179)*

<table>
<thead>
<tr>
<th>Variables</th>
<th>Model 1</th>
<th></th>
<th></th>
<th>Model 2</th>
<th></th>
<th></th>
</tr>
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<tr>
<td></td>
<td>$B$</td>
<td>$SE B$</td>
<td>$\beta$</td>
<td>$B$</td>
<td>$SE B$</td>
<td>$\beta$</td>
</tr>
<tr>
<td>Gender</td>
<td>2.17</td>
<td>1.34</td>
<td>.12</td>
<td>2.19</td>
<td>1.16</td>
<td>.12</td>
</tr>
<tr>
<td>Sense of humor</td>
<td>-2.83</td>
<td>.66</td>
<td>-.31***</td>
<td>.11</td>
<td>.84</td>
<td>.01</td>
</tr>
<tr>
<td>Affiliative</td>
<td>.92</td>
<td>.77</td>
<td>.10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Self-enhancing</td>
<td>-4.61</td>
<td>.71</td>
<td>-.51***</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aggressive</td>
<td>.85</td>
<td>.68</td>
<td>.09</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Self-defeating</td>
<td>2.70</td>
<td>.66</td>
<td>.30***</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$R^2$</td>
<td>.10</td>
<td></td>
<td>.36</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$\Delta R^2$</td>
<td></td>
<td></td>
<td>.26</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>$F$ for change in $R$</td>
<td>9.93***</td>
<td></td>
<td>17.53***</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note.*$p < .05$. **$p < .01$. ***$p < .001$.

Sense of humor, affiliative, self-enhancing, aggressive, and self defeating are centered at their means.

The last table shows the result of regression analysis for humor styles predicting stress.

After controlling the gender and sense of humor factors in prediction, the results of the regression indicated the four predictors explained 36% of the variance ($R^2 = .36, F(4,172) = 17.53, p < .001$). The result showed that two self-enhancing humors, which are
self-enhancing and self-defeating humors, significantly predicted participants’ stress.

Self-enhancing humor reported with ($\beta = -.51, p < .001$) and self-defeating humor reported ($\beta = .30, p < .001$).

Reviewing the overall prediction patterns, it was consistent to hypotheses that the adaptive humor could predict a better well-being and emotional stages. In addition, there is no doubt that using humor to enhancing the self has significant influence on personal life-satisfaction and mental health. With regard to the correlation between sense of humor and each humor styles, although the hypothesized correlation was rejected, some meaningful differences were shown on the other hand. The finding showed some explorative insight towards humor nature.
Chapter 4: Discussions and Conclusion

According to results, most of the hypotheses were supported, except hypothesis 3. Each hypotheses and additional findings would be discussed separately in the following.

4.1 The relationship between humor styles and well-being

First, a clear picture about well-being differences of humor styles was demonstrated. To be brief, the constructive or destructive demarcation of the humor use is strongly argued, and a clearer role of humor playing in human well-being was indicated. With regard to the different effects of humor on well-being, the results showed a clear boundary among different humor styles. In this study, humor styles could predict moderate variance of well-being. These results replicated some previous studies, suggested that the theorized potential nature of humor is capable to explain how humor works on human well-being (Gary et al., 2003; Puhlik-Doris, 2003; Lee Stillerman, 2006). With respect to the results, the mechanism of each humor styles would be in depth discussed.

4.1.1 Affiliative humor and well-being

For present study, affiliative humor was found a positive relationship with personal well-being. Plus, affiliative humor tends to score low in depression, anxiety and stress. It is possible that using affiliative humor can enhance social support in order to promote life satisfaction and deal with bad mood. Affiliative humor could be known as a health interpersonal communication skill. Using affiliative humor could make friends easily and
enhance a playful manner in interpersonal relationships. As affiliative humor is related to agreeableness, openness and emotional intelligence, it is little doubt on its contribution on interpersonal relationship (Cherkas et al., 2009; Saroglou & Scariot, 2002). Taking this use of humor in social situation can reduce conflict and amuse others, and eventually to be more acceptable. And, the use of affiliative humor can provide a non-hostile and funny image to the group, and maintain positive, stable and strong relationships with other members. Thus, these healthy relationships provide supports (i.e. social support, emotion support) to people when they are facing problems. People can also have entertainment with others as they probably have wide social network. It seems that a use of affiliative humor can bring a large social support to ones. Apart from entertainment and emotional support, the affiliative humor can also help people enhance the group works and gain more opportunities for their career.

4.1.2 Self-enhancing humor and well-being

As well as affiliative humor, self-enhancing humor was also found a positive relationship to personal well-being. Also, self-enhancing humor related to depression, anxiety and stress negatively too. Furthermore, it was found that affiliative humor and self-enhancing humor was moderately positively correlated ($r=.50, p<.001$). Those results suggested that, affiliative humor and self-enhancing humor would somewhat shared some characteristics on promoting well-being, and self-enhancing humor have some additional quality.
Instead of an interpersonal skill, self-enhancing humor is more like a positive attitude - a philosophical and constructive view to the world (Martin, 2003). It is believed that self-enhancing humor can help people remain composed and optimist in negative and frustrated life events, and regulate their negative emotions, as the benefit of high resilience and emotional intelligence (Cherkas et al., 2009). Here is taking cognitive-behavioral approach (beck, 1976) to interpret the effect of self-enhancing humor as the self-enhancing humor is somewhat in the same manner that cognitive-behavioral approach does. Strictly speaking, cognitive-behavioral approach claimed that emotional disturbances and unwanted consequences are often resulted from biased or maladaptive ways of thinking (Leahy, 2003). Cognitive-behavioral therapists’ role is to help clients identify and recognize their cognitive distortion (Leahy, 2003). Further, therapists help clients engage in rational thinking by asking them to examine how clients interpret the world (Leahy, 2003). As clients’ assumptions would lead to disturbance, therapists assist them in examining the validity of their statements by collecting evidence to challenge their biases, and then modify them through logical and empirical analysis (Leahy, 2003).

Back to the discussion of self-enhancing humor, it is suggested that a person adopting self-enhancing humor could play the therapist’s roles in handling their disturbances themselves. As people can actively use a humorous attitude to view themselves, this attitude help people dissociate their self in order to have a objective and complete picture about their
situations. A positive correlation between openness and self-enhancing humor suggested that people are capable to accept new experiences and review themselves (Saroglou & Scariot, 2002).

In addition, using self-enhancing humor can simplify the events into a relatively clear and less heavy picture. This philosophical view allows people to consider macro issues, such as community and future, with higher acceptance. Therefore, using self-enhancing humor would have higher well-being as they can further satisfy with society and future security. Last but not least, using self-enhancing humor is characterized by the mature, flexible thinking and stable, positive emotions. Others would believe these characteristics representing wisdom, and therefore, people are more willing to approve and rely on people using self-enhancing humor. As a result, using self-enhancing humor can emerge social network and social support as well as affiliative humor does. Those features are shared with agreeableness, which is also highly related to self-enhancing humor (Saroglou & Scariot, 2002). The evidences showed that the importance of self-enhancing humor in well-being cannot be overemphasized.

4.1.3 Aggressive humor and well-being

While previous studies found that aggressive humor was unrelated to well-being or negative emotions (Gary et al., 2003; Puhlik-Doris, 2003; Lee Stillerman, 2006), aggressive humor has found a negative relationship to personal well-being, with ($r=-.28, p<.001$) in
present study. Also, the negative relationship among depression ($r=.41, p<.001$), anxiety ($r=.40, p<.001$) and stress ($r=.29, p<.001$) were also drawn. These results were unlike previous studies. With regard present results, it could be discovered in terms of its effects on social interaction and its nature.

Aggressive humor is a kind of communication style, but this style is characterized by a sort of destructive uses of humor i.e. teasing, ridiculing, and labeling. People using aggressive humor may or may not aware the potentially destructive nature of this humor style. However, it is a pity that saying funny thing though or to hurt others is commonly not likable since no one would like to be the victims. Others would think that aggressive humor display a person’s thoughtlessness, inconsideration, and even hostility. It is little doubt that people tend not to develop relationship to aggressive humor user.

What is more serious is, using aggressive humor allow people express their hostility indirectly and less costly. The frequently using aggressive humor means this person tends to be aggressive to others. Previous studies have pointed out the negative relationship between aggressive humor and agreeableness (Saroglou & Scariot, 2002). Also, aggressive humor is also found an association to aggression and hostility (Gary et al., 2003). The expression of hostility would elicit conflict easily. Whatever others’ feedbacks are, the personal image and interpersonal relationship are deservedly impaired. Eventually, it means a poorer social support and less engagement in social life.
Apart from the impact on social interaction, it is suggested that aggressive humor is associated to poorer well-being as it contains an absence of some positive values. People using aggressive humor tend to express humor without regarding for its potential impact on others. In other words, they rarely understand others empathetically. Empathy, an empathic understanding of others’ mind (Roger, 1961), is argued to strongly associate with other essential features of happiness, such as altruism and gratitude (Shane & Snyder, 2007).

4.1.4 Self-defeating humor and well-being

In this study, it is found that self-defeating humor was negatively related to personal well-being. Besides, self-defeating humor was positively related to depression, anxiety and stress. Also, there is a positive relationship between aggressive and self-defeating humor. In respect of the relationship, it is suggested that self-defeating humor would have more serious impact on personal life.

Certainly, using self-defeating humor would cause social dissatisfaction in several manners. In dealing with the effect of self-defeating humor, one cannot but admit that this humor styles is associated to lower self-esteem (Saroglou & Scariot, 2002). One’s feeling of inferiority to another would emerge an inequality between each other. Also, others may understand the self-defeating laughter as inappropriate affect. Others would feel discomforted as this emotional expression is marked by inconsistent and unstable. Furthermore, people using self-defeating to avoid self-disclosure would block the development of intimacy, even
more, show insecurity and insincerity within the relationships. As the use of self-defeating humor often signals the above unlovable features, it is harmful in social satisfaction.

Apart from ruining social support of a person, people using self-defeating humor would fail to accept what they are experiencing. To put it differently, they could not relieve their bad mood effectively without social support and active coping. In this light, if people are using self-defeating humor as their core value, there can surely be no doubt that they will be tormented by emotional disturbances as those feeling accumulate a huge emotional burden. Namely, the sediment of negative emotion would further generate a lot of functioning impairments as well as depression does. It is a vicious cycle and result in a poorer life-satisfaction. Furthermore, a passive and negative view of humor would be generalized to every life events, and thus, people would be tormented by past, struggled about present and worried towards future.

4.2 Prediction of humor styles for well-being

After discussing the correlation between each style and well-being, here is going to discuss the intensity amongst these relationships. Indeed, another distinction of humor (enhancing self or other) plays an important role of the intensity of relationships.

Strictly speaking, among various kinds of humor styles, the result shows that self-enhancing humor has stronger correlation to well-being than affiliative humor. Besides, self-defeating humor has stronger negative correlation to well-being than aggressive humor.
as well. Furthermore, the results of regression have also indicated a general pattern that only self-enhancing and self-defeating could predict the personal well-being and a sort of negative emotion. These results are similar to previous findings (Gary et al., 2003; Puhlik-Doris, 2003; Lee Stillerman, 2006). After summarized these findings, it is theorized that using humor on self has larger influence on well-being than using humor to others.

A possible explanation is that using humor as personal attitude is far more influential on well-being than just use humor as interpersonal skills. Affiliative and aggressive humor are mainly focusing on social interaction. However, using humor on self would influence ones’ life seriously as it represents the attitude of a person. Besides the interpersonal relationship, humorous attitude of self also directly impact on their self-image, self-acceptance, self-esteem, and emotional intelligence, which has mentioned before. A rooted value would contribute directly on many life events but the effect of social skills is relatively indirect and limited. It is believed that apart from the nature of humor (adaptive or maladaptive), the influences of humor largely depend on the understanding of its user. To in depth investigate the above explanation, it is recommended that future studies focus on how each humor styles contribute to particular life events rather than an overall well-being.

4.3 Sense of humor and maladaptive humor styles

Present study has revealed that two adaptive humors have higher level of sense of humor, while the relationship of maladaptive humors and sense of humor is reversed, aggressive
humor with ($r=-.33, p<.001$) and self-defeating humor with ($r=.20, p<.001$). However, previous findings are that all humor styles were positively related to sense of humor. The result has generated a specific pattern of sense of humor and humor styles. To explain the discrepancy, here is providing some interpretations in terms of cultural factors.

### 4.3.1 Collectivistic attitude on humors

Present study was conducted in Hong Kong. While previous studies were conducted in western, present sample are representing the East-Asian population. In other words, Hong Kong people are more collectivistic than previous samples. It is theorized that individualists view the self and others are independent while collectivists think they are interdependent to each other. For this reason, collectivistic people would concern others’ issues more seriously than individualistic do.

Back to present topic, how do the collectivistic mind influence the understanding and use of humor? As the positive relationship between sense of humor and well-being, it is suggested that both individualistic and collectivistic individuals share similar attitude towards humor. That is, they may both believe humor could help them develop a good relationship and promote health personal image. However, as the interdependent nature, collectivists may further consider the consequences of the uses of humor in social situation. Collectivistic people would not just evaluate humorous in terms of frequency of using humor, but indeed consider the effectiveness.
For maladaptive styles, people easily associated the causal-relationship between aggressive humor and conflict, broken relationship and harmony. Besides, self-defeating humor is used to promote a poor and unlikable image. Being dislike is serious in collectivistic culture because they strongly emphasize the interdependent nature of self and others (Markus & Kitayama, 1991). Also, the emphasis of maintaining social harmony and relationship are rooted in everyone’s mind as well. In order to maintain the harmony, people have developed awareness of other message for accurate interpretation of ambiguous messages (Yum, 1988). Therefore, collectivists would be more sensitive to nonlinguistic messages and use more cautious wording to each others. Therefore, potentially maladaptive humors would be easily identified. For instance, using aggressive humor as an invisible weapon to degrading others is not useful as collectivists would aware the underlying messages, such as hostility, easily. Eventually, people would avoid social interaction with those using aggressive humor because they are socially hateful. The functions of aggressive humor could not work effectively in collectivistic cultures and even bring serious harms towards ones’ social life.

4.3.2 Face

In addition, there is a concept strongly influence Chinese called face. Face is a kind of prestige emphasized in Chinese (Ho, 1976). Face is similar to the notion of reputation in western cultures. Face can be saved, granted, lost, and striven for though social interaction
(Brew & Cairns, 1993). Face negotiation could be understood as an impression management of everyday life (Goffman, 1959).

How does face relate to humor? For the people using self-defeating humor, they probably often lose face as they are used to ruin their self in order to amuse others or avoid problems. The absence of core values in interpersonal relationship would be destructive to one’s self-esteem and self image. What is more serious is, face is strongly related to social standing (Kim & Lam, 1998). Therefore, loss of face of a person is signaling the loss of status. As the interdependent relationship of self, one’s personal image would generate to one’s group members. Strictly speaking, one’s loss of face and social standing is related to one’s significant others, such as family, friends, etc. Eventually, the harmony is destroyed and interpersonal relationship is broken so people would believe that using self-defeating humor is morally unacceptable. Thus, people certainly tend to avoid using self-defeating humors and do not regard self-defeating humor as a positive and desirable quality.

4.3.3 Difference between aggressive humor and self-defeating humor on sense of humor

Additionally, the use of aggressive humor related to poorer sense of humor than self-defeating humor. With regard to this finding, it is suggested that culture value again play an important role here. In a collectivistic society, using aggressive humor to tease others would be dislike by others directly as people could clearly perceive and receive the negative feeling, disagreement and hostility. People would not feel funny and amused and regard these
kinds of feedbacks as wrongly use of humor or boring. Using aggressive humor would elicit more negative feedbacks from others, and thus influence their self-evaluation of sense of humor. However, for those using self-defeating humor, the impact on social interaction would not be as serious as aggressive humor do. For those who perceive self-defeating humor, they would be still amused as they are not victimized. Definitely, people would sometimes aware the underlying messages and feel pity, shameful or embarrassed. However, to protect the face of self-defeating amuser, their responses tend to be a forced smile. According to those feedbacks, self-defeating amuser may think they are somewhat funny. Therefore, people would view that self-defeating humor would mildly humorous than aggressive humor.

To sum up, it is estimated that for present samples, higher sense of humor means the capacity and willingness of mastering humor uses well with desirable consequences. As this consideration, collectivists would not view sense of humor related highly to all kinds of humor. In addition, collectivists emphasize the importance of social harmony and interpersonal relationship. It seems that a use of maladaptive humor would have close relationship to poor social well-being as well.

4.4 Limitations

There are a few limitations for present study for sampling method and measurement. For sampling method, the limited samples (N=179) is one of the concerns. Also, the unequal gender distribution, limited age range (M=21) and educational level (at least undergraduate)
may not provide strong insight for overall population accurately. The generaliability of present study would be not high enough.

Another concern is measurement. Although present study has measured well-being and negative emotion stages, the support of relationship from measuring participants’ personality, attitudes, and values were absent. As the culture influence the sense of humor and humor styles is argued, people may doubt whether a stronger argument for the linkage between humor and other critical factors. And, as humor is a socially desirable trait, there were risks that self-report biases, social conformity effect, and faking good or bad were occurred in present study. Previous studies have conducted peer evaluation of sense of humor and humor styles, but it was not included in present study.

4.5 Conclusions and Recommendations

4.5.1 Conclusions

To conclude, sense of humor is a desirable trait, but studying how people using humor would be more important in understanding of humor contribution on human well-being as it provided an explanation about the mechanism of different humor. Therefore, present study has mainly studied humor in terms of its potential natures and objects. A fruitful result was found. Firstly, adaptive humors are closely related to better well-being while maladaptive humors are in contrast. Also, self-adjusted humors have closer relationship to well-being than using humor in social interaction. Additionally, sense of humor was found to correlate
differently with each humor styles. A negative relationship to maladaptive humor was found. Although it contradicted to previous findings, it showed some insights about cultural difference on humor. As the results have generally replicated previous study, dimensional nature of humors is supported. Indeed, present study could somewhat support the rationale of dimensional nature of humor styles as it has clearly and successfully differentiated the two distinctions (a. self/other & b. adaptive/maladaptive) of humor in terms of personal well-being, negative emotion and sense of humor. In addition, an empirical understanding of humor in Chinese society was also provided.

4.5.2 Recommendations of future study

To investigate how humor benefits people in depth, it is recommended that future studies focus on how each humor styles contribute to particular factors, such as emotional ability, performance, positive/ negative life events, rather than an overall well-being.

And, as the psychological health is positively related to some uses of humor, studying particular occupations with higher risk of poor mental health (i.e. nurses, teachers, social workers) would be meaningful because of more applicable and practical implication of humor. In the view of practical need of society, including adaptive use of humor in mental health care programme is suggested.
Also, culture would be a salient factor in examining humor. Regarding the cultural differences, it is suggested that other researchers can conduct cross-cultural studies in order to investigate how cultural values associate to humor in the future.

Last but not least, as humor playing an important role in social relationships, peers report measurement is recommended because it allows an objective and complete view on humor by measuring all the people involved (observers/researchers, humor users and receivers).
References


Hodson, G., MacInnis, C. C., Rush, J. (2010). A joke is just a joke (Except when it wasn’t): Cavalier humor beliefs facilitate the expression of group dominance motives. *Journal of personality and social psychology, 99*, 660-682.


第一部份：下列句子描述了人們以不同方式表達或體驗幽默的情況。

請細閱每一句子，並圈出對那句子的贊同或不贊同程度。

<table>
<thead>
<tr>
<th>句子</th>
<th>完全不同意</th>
<th>中等不同意</th>
<th>略微不同意</th>
<th>無意見</th>
<th>略微同意</th>
<th>中等同意</th>
<th>完全同意</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. 我一般不太愛發笑，或者和其他人一起開玩笑。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>2. 我覺得情緒低落的時候，通常能夠用幽默來振奮自己。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>3. 如果某個人有毛病或者缺點，我經常會取笑他。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>4. 我過分地讓其他人嘲笑或取笑我為樂。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>5. 我不必費太大勁就可以讓別人笑起來——看來我是一個天生的富有幽默感的人。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>6. 即使我獨自一人，我也經常以生活中的荒謬行為和事情自尋其樂。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>7. 我的幽默感從不使別人感到不愉快或受到傷害。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>8. 如果這樣做可以使我的家人或朋友發笑，我會經常失去理智的貶低自己。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>9. 我很少將講習講習到各種各樣的奇聞趣事來使人發笑。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>10. 如我感到難過或不高興，我通常會盡力去想一些與時此景相關的趣事使我自己感覺好點。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>11. 在講笑話或趣事的時候，我通常不太關心別人對這些笑話或趣事時的感受。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>12. 我經常通過講一些有關我自己的弱點、過失或過錯的趣事來使別人更加喜歡我或接受我。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>13. 我經常和密友一起發笑和開玩笑。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>14. 我的幽默人生觀使得我不會對事情感到過度心煩或沮喪。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>15. 我不喜歡別人將幽默作為一種批評或貶低某人的方式。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>16. 我不曾通過一些趣事來貶低自己。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>17. 我一般不愛講笑話或逗別人開心。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>18. 當我獨自一人並且感到不愉快的時候，我會盡力去想一些趣事來振奮自己。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>19. 有時候我想到一些很有趣的事，會情不自禁地說出來—即使在當時的情況並感不恰當。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>20. 在開玩笑或盡力使自己表現得比較詼諧的時候，我經常過份地貶低自己。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>21. 我樂於使別人發笑。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>22. 我感到難過、沮喪或心煩的時候，通常會失去幽默感。</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>23. 即使我所有的朋友都在取笑別人，我也不會參與此事。</td>
<td>1</td>
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<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>24. 我和朋友（或家人）在一起的時候，似乎經常成為別人取笑或開玩笑的對象。</td>
<td>1</td>
<td>2</td>
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<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>25. 我不經常和朋友開玩笑。</td>
<td>1</td>
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<td>3</td>
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<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>26. 據我的經驗，根據當時情景想一個與問題有關的有趣方面常常是應對問題的有效方法。</td>
<td>1</td>
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<td>6</td>
<td>7</td>
</tr>
<tr>
<td>27. 如果我不喜歡一個人，我經常用幽默或揶揄來貶低他。</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>28. 如果面臨問題或感到不高興，我會用講笑話的方式來掩飾它。這樣，即使是我最親密的朋友也不知道我真正的感受。</td>
<td>1</td>
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<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>29. 和他人相處的時候，我經常想不到有什麼機智或詼諧的話可以拿來應對。</td>
<td>1</td>
<td>2</td>
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<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>30. 我不需要別人來使自己開心——即使我獨自一人，我也常常可以找到一些東西來笑樂一番。</td>
<td>1</td>
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<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>31. 如果會使別人感到不愉快的話，即使有些事對我來說確實很有趣，我也不會發笑或就此開玩笑。</td>
<td>1</td>
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<td>4</td>
<td>5</td>
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<td>7</td>
</tr>
</tbody>
</table>
第二部份：下列句子描述了各种日常生活可能遇到的状况。
请细阅每一句子，并圈出该句子在多大程度上符合你在过去一个星期的状况。

<table>
<thead>
<tr>
<th>句 子</th>
<th>完全不符合</th>
<th>偶尔符合</th>
<th>颇为符合</th>
<th>非常符合</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. 我感到难以放松。</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. 我感到口乾。</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3. 我無法經歷任何正面的感覺。</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4. 我曾試過呼吸困難。</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>(例如：過度急促的呼吸、在沒有體力勞動下無法呼吸)</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>5. 我難以鼓起幹勁去做事。</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>6. 我傾向於在不同場合反應過度。</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>7. 我經歷過發抖。 (例如：手顫抖)</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>8. 我覺得我處於神經緊繃的狀態下。</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>9. 我擔心我會在某些場合出糗、或驚恐發作。</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>10. 我覺得沒有任何東西值得我期待。</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>11. 我感到忐忑不安。</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>12. 我感到無法放鬆。</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>13. 我感到灰心及沮喪。</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>14. 我無法容忍任何妨礙我工作的事情。</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>15. 我覺得我快要發瘋了。</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>16. 我無法熱情投入身邊的事情。</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>17. 我感到我的人生沒有價值。</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>18. 我覺得我容易受人激怒。</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>19. 即使沒有運動，我亦能察覺到我的心臟活動明顯變化。</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>(例如：心跳加速、心跳漏一拍)</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
### 第三部份
下列句子描述了人們對幽默行為及想法的態度。請細閱每一句子，並圈出閣下對該句子所形容的同意程度。

<table>
<thead>
<tr>
<th>句子</th>
<th>完全不同意</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>完全同意</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. 有時我能想出一些笑話和有趣的故事。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>2. 嘲諷和幽默助我處理困難。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>3. 我有信心使人發笑。</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<td></td>
</tr>
<tr>
<td>4. 我不喜歡漫畫。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>5. 別人說我的言論很有意思。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>6. 我能透過風趣來適應各種不同的場合。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>7. 我能善用幽默的談吐來緩解緊張的氣氛。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>8. 說笑話的人都很討厭。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>9. 我能使用說話令人發笑。</td>
<td>1</td>
<td>2</td>
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<td></td>
</tr>
<tr>
<td>10. 我喜歡好的笑話。</td>
<td>1</td>
<td>2</td>
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<td></td>
</tr>
<tr>
<td>11. 指某人是「喜劇演員」是一種真正的侮辱。</td>
<td>1</td>
<td>2</td>
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<td>4</td>
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</tr>
<tr>
<td>12. 我能夠以說話方式來逗人發笑。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>13. 幽默是一種糟糕的處事手段。</td>
<td>1</td>
<td>2</td>
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<td>4</td>
<td></td>
</tr>
<tr>
<td>14. 我欣賞能帶來幽默的人。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>15. 他人期待我在說有趣的事。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>16. 幽默助我解決問題。</td>
<td>1</td>
<td>2</td>
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<td></td>
</tr>
<tr>
<td>17. 當大家在開玩笑時，我會感到不舒服。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>18. 我因風趣幽默而受朋友視為才思敏捷的人。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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</tr>
<tr>
<td>19. 使用幽默去控制事情是優雅的方式。</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<td></td>
</tr>
<tr>
<td>20. 使用幽默去控制場面是愚蠢的。</td>
<td>1</td>
<td>2</td>
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<td>4</td>
<td></td>
</tr>
<tr>
<td>21. 實際上，使用幽默能助我控制人群。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>22. 幽默能使我放鬆。</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>第四部份：下列句子描述了人們對自己生活質素的評價。</td>
<td>非常不滿意</td>
<td>無意見</td>
<td>非常滿意</td>
<td></td>
<td></td>
</tr>
<tr>
<td>-------------------------------------------------------</td>
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</tbody>
</table>

### 1. 你對你個人生的個人際遇；總括呢講，有幾滿意呢？

<table>
<thead>
<tr>
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<th>10</th>
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</thead>
</table>

### 2. 你對你的生活水平/指數有幾滿意呢？

<table>
<thead>
<tr>
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</table>

### 3. 你對你身體健康狀況有幾滿意呢？

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</table>

### 4. 你對你的個人成就(包括事業，家庭等)有幾滿意呢？

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<tr>
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</table>

### 5. 你覺得你同其他人的相處關係有幾滿意呢？

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<tr>
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</thead>
</table>

### 6. 你對你自己的個人安全感有幾滿意呢(例如覺得自己安唔安全或有無安全感)？

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<tr>
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</tr>
</thead>
</table>

### 7. 你覺得自己同社區的融洽程度有幾滿意呢(例如你有無關注你社區所發生的事等等)？你會俾幾多分呢？

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</thead>
</table>

### 8. 你對你將來的人生保障(例如醫療，經濟，社會，政治等)有幾滿意呢？

<table>
<thead>
<tr>
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</tr>
</thead>
</table>

### 第五部份：個人資料 (如有□，請於適用項打勾)

1. 性別：□男 □女
2. 年齡：_________歲
3. 修讀課程：□高級文憑或副學士 □學士 □碩士或以上
4. 現修讀年級：□一年級 □二年級 □三年級 □四年級
5. 所屬學院：□商務學院 □人文科學和社會科學 □法律學院 □創意媒體學院 □科學及工程學院 □建築科技學部 □其他：_________ (請註明)
家庭成員人數：_________人 (包括自己)
家庭總收入：□<10000 □10001~20000 □20001~30000 □30001~40000 □40001~50000 □>50001
～本問卷完～感謝閣下的參與！