Relationship between students' humour styles and their general health

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Abstract

Aim: The aim of the present research was to investigate different styles of humour (positive, self-defeating and aggressive) and to find out the relationship of these styles with general health of university students in Iran. Method: A correlational method was employed where 370 students were selected through relative stratified sampling and were asked to respond to the Humour Styles Questionnaire as well as the General Health Questionnaire. Results: Data was analyzed using Pearson’s correlation coefficient and student t-test. Results showed there was a correlation between humour styles and general health. Also there were significant differences between men and women in styles of humour, general health correlated positively with positive humour and negatively with self-defeating humour. Conclusion: Individuals who use self-defeating and aggressive humour in their interpersonal relationships may suffer from poorer general health than those who use positive humour. The humour style that is used by women is more positive and self-defeating whereas the style used by men seems to be more aggressive.

Keywords: general health, humour, students