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Investigating the relationship between humor styles and cognitive emotion regulation strategies

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Humor is a way of modifying negative emotions and it helps to cope with stress. Different humor styles have shown to be differently correlated with positive or negative mental health effects, depending on the humor style being used. In this research we investigated the relationship between humor styles and cognitive emotion regulation strategies. 95 participants filled in the Hungarian version of the Humor Styles Questionnaire and the Cognitive Emotion Regulation Questionnaire. Results show positive correlations between Self enhancement humor style and positive strategies such as Acceptance, Positive refocusing, Refocus on planning, Positive reappraisal and Putting into perspective. Furthermore, we found negative correlations with Self-blaming, and Catastrophizing. Aggressive humor style was positively correlated with Blaming others and negatively correlated with Positive refocusing, and Refocus on planning. Affiliative humor style and Self-defeating humor style did not correlate with any of the CERQ subscales. We conclude that self enhancement in humor promotes positive cognitive emotion regulation strategies and can contribute to perform adaptive responses to challenging situations.

Are you currently an Early Career Researcher?

Yes, I am within 6 years of receiving my Ph.D.

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