

## Humour in the workplace and optimism of healthcare workers

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Humour plays multiple roles in our lives. A sense of humour reflects a person's good social skills, has a positive effect on health, reduces stress and tension, evokes positive emotions, reduces social distance, increases group cohesion, and creates a stimulating work atmosphere. However, not every form of humour works that way, and we distinguish between positive and negative humour.

The purpose of this research was to determine which type of humour prevails in the healthcare workers' workplace, to determine how they relate to optimism, and some characteristics of the respondents and the workplace.

The sample is convenient and includes 133 health workers (105 women and 18 men) from the hospital in Sisak who anonymously filled out the Humor Climate Questionnaire (HCQ), and the Optimism - Pessimism Scale. Of all four HCQ subscales, positive humour is the most present in the healthcare workers' workplace, followed by the superiors' support in the use of humour, while negative humour is present extremely rarely. Positive humour is more present in the workplace of people with higher optimism and age, longer working experience, more satisfied with their work and more pronounced superiors' support in the use of humour. Positive humour negatively correlates with pessimism and negative humour. Where negative humour is more present, humour towards superiors is more pronounced, while at the same time there is less superiors' support in the use of humour, and lower optimism is present. Optimistic people experience stronger superiors' support in the use of humour.

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